Do you have type 2 diabetes?

Let’s get active!

Free Supervised Exercise Training

Exercise & Nutritional Advice

Why not take part in our study?

We are looking at ways to combine different types of exercise, to benefit you the most!

If you are a white Caucasian male aged 40-65 contact us for more information on how to take part!

Dr Jamie Pugh
Research Fellow
University of Birmingham

Email: J.Pugh@bham.ac.uk
Tel: 0121 414 8956