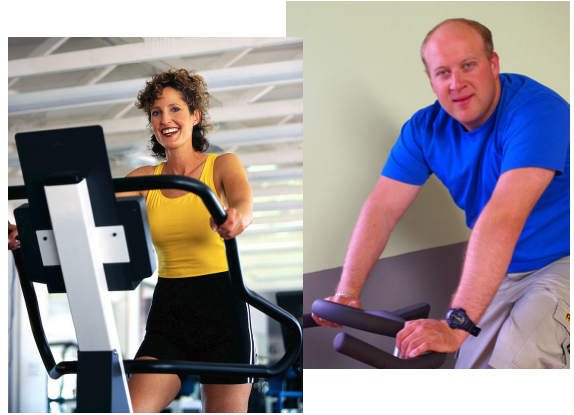


# Research Study on the Benefits of Exercise



Research investigators Philip Kern, MD, and Charlotte Peterson, PhD, at the University of Kentucky are conducting a clinical research study to learn whether inflammation in fat and muscle is linked to insulin resistance, whether exercise changes this relationship, and what specific proteins are produced by your tissues that may cause the changes in inflammation and insulin resistance.

## **You may be eligible to participate if you:**

- are a male or female between the ages of 21 to 70;
- have a normal body weight or obese;
- have either a normal blood sugar or slightly elevated; and
- have good health or at risk for diabetes.

By doing this study, we hope to learn whether inflammation in fat and muscle is linked to insulin resistance, whether exercise changes this relationship, and what specific proteins are produced by your tissues that may cause the changes in inflammation and insulin resistance.

For more information, please contact  
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Study location: Clinical Research Center,  
University of Kentucky  
Medical Center, 5 North (fifth floor).



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