

# DIABETES CANADA



## OUR RESEARCHERS | DR. JONATHAN LITTLE

**Thank you for your generosity. Diabetes Canada is grateful to our donors for supporting critical research that will end diabetes.**

**Through your support, Dr. Jonathan Little, a professor at the Centre for Chronic Disease Prevention and Management at the University of British Columbia, is bringing us one step closer to better health outcomes for people with type 2 diabetes.**

In healthy individuals, blood sugars are controlled by a hormone called insulin, which lowers blood sugar levels. For people with type 2 diabetes, they can no longer produce or use insulin to control their blood sugars, which can lead to health complications such as nerve damage, blindness, heart disease, kidney failure, anxiety, amputations, and even death.

Unfortunately, most people living with type 2 diabetes do not get enough physical activity and miss benefiting from the powerful health benefits of exercise.

Exercise “snacks” are short bursts of exercise lasting 1 minute or less that can be performed sporadically over the course of the day. Exercise snacks are easy to do because they can be performed virtually anywhere, using stair climbing or simple body weight exercises. Sprinkling in exercise snacks throughout the day can also break up sedentary time and help people with type 2 diabetes better control their blood sugar levels.

Dr. Jonathan Little will determine if people with type 2 diabetes like doing exercise snacks, can fit exercise snacks into their daily routines, and see if exercise snacks work to improve fitness and blood sugar control. A smartphone app and web-based platform will guide participants through their exercise snack program, which they can complete in their home or workplace.

This research will test exercise snacks as an innovative approach to increase physical activity and improve the health of people living with type 2 diabetes.

**Thank you for giving hope for a healthier future to people with type 2 diabetes.**