

Glucose Control after Exercise Study

The School of Sport, Exercise and Nutrition at Massey University are conducting a study investigating the effect lactose has on glucose control after exercise as compared to sucrose

What the study involves?

- Continuous Glucose Monitoring
- 4 exercise trials at the laboratory, comprising of a modern exercise approach called high-intensity exercise training (HIIT)
- 2 day standardised diet
- Ingesting carbohydrate beverage after exercise

\$100 travel reimbursement

Who we looking for?

- 50-70 year old male and females (post-menopausal)
- Mostly sedentary, not involved in regular sport or purposeful exercise for fitness
- Eat a mixed diet (non-vegetarian, non-vegan)
- Lactose tolerant
- Based in Auckland

Interested?

If you are interested or would like further details please contact Rose Stirling for more details



rstirling@massey.ac.nz

0279063322

