Personalizing exercise prescription for different metabolic phenotypes at risk for type 2 diabetes

Exercise is cornerstone to the prevention and treatment of type 2 diabetes. However, not all individuals respond to standard exercise (and diet) modification by improving cardiometabolic health. Therefore, identifying the underlying cause of diabetes may reveal distinct metabolic phenotypes that in turn allows for personalized exercise prescriptions to combat metabolic disease.

Thursday, October 22, 2015
11:00 AM-12:00 PM
MR5 1005

Hosted by: Dr. Gary K. Owens

Refreshments Served