



H.E.A.T. Study



Heat and Exercise in Aging as Therapy

Research participants are needed to determine whether heat pad therapy can improve *muscle health, physical function, blood sugar control, and response to exercise* in **older adults with prediabetes**.

Who are we looking for?

Men and women ≥ 60 years old with prediabetes (known or suspected) who do not regularly exercise.

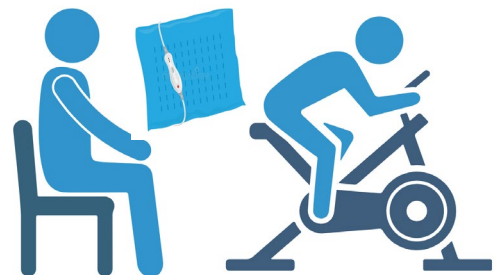
Study Timeline:

The study involves **2 phases** that last **12 weeks** each. Before the start and end of each phase, multiple testings will be performed, including:

- Blood (~6 tbsp each) and muscle (~200 mg) samples
- Maximal exercise capacity

Interventions:

- **Heat pad therapy** on legs (at home 5 days/week, at Texas Tech 1 day/week)
- **HIIT** (High Intensity Interval Training; cycling 3 days/week)



Compensation:

- Earn up to **\$1180** for the maximum of **~81.5** lab hours

Benefits of participation include:

Body composition and bone density scans · Physical function assessment

Interested in participating in the HEAT Study?

For more information, please scan the QR code above or call Hilliard, Terrell at

806-834-5585



This research project has been approved by the TTU Institutional Review Board.
This study is directed by Drs. Hui-Ying Luk and Danielle Levitt in the Department of Kinesiology & Sport Management at Texas Tech University