

## Yardley, Jane E. (PhD)

### ACADEMIC & PROFESSIONAL APPOINTMENTS

- 2020-2021 Associate Professor, Physical Education/Social Sciences, University of Alberta, Augustana Faculty, Camrose, AB
- 2016-2021 Adjunct Professor, Faculty of Kinesiology, Sport and Recreation, University of Alberta, Edmonton, AB
- 2014-2020 Assistant Professor, Physical Education, University of Alberta, Augustana Faculty, Camrose, AB

### EDUCATION & TRAINING

- 2013-2014 Post-Doctoral Fellow, Manitoba Institute of Child Health, University of Manitoba, Winnipeg, MB
- 2011-2012 Post-Doctoral Fellow, Human and Environmental Physiology Research Unit, University of Ottawa School of Human Kinetics, Ottawa, ON (Environmental Physiology)
- 2005-2011 PhD (Population Health), Institute of Population Health and School of Human Kinetics, Ottawa, ON (Diabetes and Exercise)
- 2000-2001 MSc (Biological Anthropology), Department of Anthropology, University College London, London, UK (Evolutionary Anatomy)
- 1996-2000 BSc (Biochemistry), Department of Biology/Biochemistry, Mount Allison University, Sackville, NB

### DISTINCTIONS & AWARDS

- 2019-2022 Heart and Stroke Foundation of Canada Alberta New Investigator Award
- 2018 Augustana Faculty, Early Achievement of Excellence in Teaching Award Nominee
- 2013-2014 Canadian Institutes of Health Research Post-Doctoral Fellowship
- 2013 Manitoba Health Research Council Coordinated Fellowship (Manitoba Institute of Child Health)
- 2012 MITACS – Accelerate Fellowship in conjunction with the Deep Mining Research Consortium (declined)
- 2010, 2011 Abstract Travel Award, Canadian Diabetes Association Scientific Sessions 2010 and 2011
- 2008-2009 Entrance Scholarship, University of Ottawa
- 2005-2008 Doctoral Student Research Award, Canadian Diabetes Association
- 2005-2008 Excellence Scholarship, University of Ottawa

**PUBLICATIONS** (trainees indicated in underlined italics, invited indicated by \*)

**a) Journal Articles**

- 1) Prévost MS, Rabasa-Lhoret, Talbo M, **Yardley JE**, Brazeau AS. Gender differences in strategies to prevent physical activity-related hypoglycemia in type 1 diabetes: a BETTER study. *Diabetes Care*. 2022. Online ahead of print. Doi: 10.2337/dc21-1899.
- 2) \*Momeni Z, Logan J, Sigal RJ, **Yardley JE**. Can resistance exercise be a tool for healthy aging in post-menopausal women with type 1 diabetes? *Int J Environ Res Pub Health*. 2021. 18(16):8716-8724,
- 3) Brockman NK, Sigal RJ, Kenny GP, Riddell MC, Perkins BA, **Yardley JE**. "Afternoon aerobic and resistance exercise have limited impact on 24-hour CGM outcomes in adults with type 1 diabetes: A secondary analysis". *Diabetes Research and Clinical Practice*. 2021;177:108874.
- 4) \***Yardley JE**, & Sigal RJ. "Exercise in COVID era". *Diabetes Communicator*, Winter 2021.
- 5) Eckstein ML, Pesta D, Farinha JB, McCarthy O, West DJ, **Yardley JE**, Bally L, Zueger T, Stettler C, Boff W, Reischak-Oliveira A, Riddell MC, Zaharieva D, Pieber TR, Müller A, Birnbaumer P, Aziz F, Brugnara L, Haahr H, Zijlstra E, Heise T, Sourij H, Roden M, Hofmann P, Bracken RM, Moser O. "Differences in physiological responses to cardio-pulmonary exercise testing in adults with type 1 diabetes and healthy people – a pooled analysis". *Diabetes Care*. 2021, 44(1):240-247.
- 6) \*Riddell MC, Adolfsson P, Stettler C, Scott S, **Yardley JE**, Zaharieva D, Gallen I, Moser O, Bracken R, Fournier P. "The competitive athlete with type 1 diabetes". *Diabetologia*. 2020, 63(8):1475-1490.
- 7) Klappat N, Benjamin C, Brandt J, Gregoire N, Merrill K, McKay D, **Yardley JE**, McGavock J. "Restructuring clinical trials in type 1 diabetes and exercise in the context of patient-oriented research: An intervention co-development protocol". *Canadian Journal of Diabetes*. 2020, 44(8):734-739.
- 8) **Yardley, JE**. "Fasting alters blood glucose responses to high intensity interval exercise in adults with type 1 diabetes". *Canadian Journal of Diabetes*, 44(8):727-733.
- 9) Munan M, Dyck RA, Houlder S, **Yardley JE**, Prado CM, Snyder Miller G, Boule NG. "Does exercise timing affect 24-hour glucose concentrations in adults with type 2 diabetes? A follow-up to the Exercise Physical Activity Diabetes Glucose Monitoring (E-PaDiGM) Study". *Canadian Journal of Diabetes*. 2020, 44(8):711-718.
- 10) McCormick JJ, Notley SR, **Yardley JE**, Sigal RJ, Kenny GP. "Blunted circulating irisin in adults with type 1 diabetes during aerobic exercise in a hot environment". *Applied Physiology, Nutrition, and Metabolism*. 2020 Jun;45(6):679-682.
- 11) Klappat N, Askin N, MacIntosh A, Brunton N, Hay J, **Yardley JE**, Marks S, Sibley K, Duhamel T, McGavock J. "Filling gaps in type 1 diabetes and exercise research: A scoping review and priority-setting project". *BMJ Open Diabetes Research and Care*. 2020 Mar;8(1) pii e001023. Doi:10.1136/bmjdr-2019-001023.
- 12) Brockman NK, Sigal RJ, Riddell MC, Kenny GP, Perkins BA, **Yardley JE**. "Sex-related differences in blood glucose responses to resistance exercise in type 1 diabetes: A secondary analysis." *Canadian Journal of Diabetes* 2020, 44(3):267-273

- 13) Toghi-Eshghi SR, **Yardley JE**. "Morning (fasting) versus afternoon exercise in individuals with type 1 diabetes: A randomized cross-over study". *Journal of Clinical Endocrinology and Metabolism*. 2019 104(11):5217-5224.
- 14) \***Yardley, JE**. "The athlete with type 1 diabetes: transition from case reports to general therapy recommendations". *Open Access Journal of Sports Medicine*. 2019. Dec.6;10:199-207.
- 15) Rees JL, Chang CR, François ME, Marcotte-Chénard A, Fontvieille A, Klappat N, Dyck RA, Funk DR, Snyder Miller G, Bastell K, Godkin FE, Dubé M-C, Riesco E, McGavock JM, **Yardley JE**, Sigal RJ, Gibala MJ, Weisnagel J, Prado CM, Jung M, Manders R, Lee T, Singer J, Boulé NG, Little JP. "Minimal effect of walking before dinner on glycemic responses in type 2 diabetes: Outcomes of the multi-site E-PARA DiGM Study". *Acta Diabetologica* 2019 56(7):755-765.
- 16) Notley SR, Poirier MP, **Yardley JE**, Sigal RJ, Kenny GP. "Impaired whole-body heat loss in type 1 diabetes during exercise in the heat: a cause for concern?" *Diabetologia* 2019;62(6):1087-1089.
- 17) **Yardley JE**, Rees JL, Funk DR, Toghi-Eshghi SR, Boule NG, Senior PA. "Effects of moderate cycling exercise on blood glucose regulation following successful clinical islet transplantation". *Journal of Clinical Endocrinology and Metabolism*. 2019; 104(2):493-502.
- 18) Rempel M, **Yardley JE**, MacIntosh A, Hay J, Bouchard D, Cornish S, Marks S, Hai Y, Gordon W, McGavock J. "Vigorous intervals and hypoglycemia in type 1 diabetes: A randomized cross-over trial". *Scientific Reports*. 2018;8(1):15879.
- 19) Dyck R, Kleinman N, Funk D, Yeung R, Senior P, **Yardley JE**. "We can work (it) out together: Boot camp for type 1 diabetes patients and providers improves exercise self-efficacy". *Canadian Journal of Diabetes*. 2018; 42(6):619-625.
- 20) Buoite Stella A, **Yardley JE**, Francescato MP, Morrison S. "Fluid intake habits in type 1 diabetes individuals during typical training bouts". *Annals of Nutrition and Metabolism*. 2018;73:10-18.
- 21) **Yardley JE**, Brockman NK, Bracken RM. "Could age, sex and physical fitness affect blood glucose responses to exercise in type 1 diabetes?" *Frontiers Endocrinology*. 2018; 9:674.
- 22) \*Brockman, N & **Yardley JE**. "Sex-related differences in fuel utilization and hormonal response to exercise: implications for individuals with type 1 diabetes". *Applied Physiology Nutrition and Metabolism*. 2018. 43(6):541-552.
- 23) Houlder S, **Yardley JE**. "Continuous glucose monitoring and exercise in type 1 diabetes: Past, present and future". *Biosensors*. 2018; 8(3):1-12.
- 24) Moser O, **Yardley JE**, Bracken RM. "Interstitial glucose and physical exercise in type 1 diabetes: Integrative physiology, technology and the gap in-between". *Nutrients*. 2018; 10(1):E93.
- 25) \***Yardley JE**. "Type 1 diabetes in athletes". *US Endocrinology*. 2017;13(2):51-2.
- 26) \***Yardley JE**. "Commentaries on Viewpoint: A time for exercise: the exercise window". *Journal of Applied Physiology*. 2017. 122(1):210-213.

- 27) \*Funk D, Boulé NG, Senior P, **Yardley JE**. "Does exercise pose a challenge to glucoregulation after clinical islet transplantation?" *Applied Physiology Nutrition and Metabolism*. 2017. 24(1):1-7.
- 28) \***Yardley JE** & Colberg SR. "Update on management of type 1 diabetes and type 2 diabetes in athletes". *Current Sports Medicine Reports*. 2017. 16(1):38-44.
- 29) Knight CJ, Lowe R, Edwards M, **Yardley JE**, Bain S, Bracken RM. "Type 1 diabetes and physical activity: An assessment of knowledge and needs in health care practitioners". *Journal of Diabetes Nursing*. 2016; 20:271-277.
- 30) \*Colberg SR, Sigal RJ, **Yardley JE**, Riddell MC, Dunstan DW, Dempsey PC, Horton ES, Castorino K, and Tate DF. "Physical activity/exercise and diabetes: A position statement of the American Diabetes Association". *Diabetes Care*. 2016. 39(11):2065-2079.
- 31) **Yardley JE**, Kenny GP, Perkins BA, Riddell MC, Goldfield GS, Donovan L, Hadjiyannakis S, Wells GA, Phillips P, and Sigal RJ. "Resistance Exercise in Already Active Diabetic Individuals (READI): Study rationale, design and methods for a randomized controlled trial of resistance and aerobic exercise in type 1 diabetes". *Contemporary Clinical Trials*. 2015; 41:129-138.
- 32) **Yardley JE**, Zaharieva D, Jarvis C, and Riddell MC. "The "ups" and "downs" of a bike race in type 1 diabetes: Dramatic differences in strategies and blood glucose responses from the Paris to Ancaster Spring Classic". *Canadian Journal of Diabetes*. 2015; 39(2):105-110
- 33) **Yardley JE**, MacMillan F, Hay J, Wittmeier K, Wicklow B, MacIntosh A, and McGavock J. "The blood pressure response to exercise in youth with impaired glucose tolerance and type 2 diabetes". *Pediatric Exercise Science*. 2015; 27(1):120-127.
- 34) \***Yardley JE**, and RJ Sigal. "Exercise strategies for hypoglycemia prevention in individuals with type 1 diabetes". *Diabetes Spectrum*. 2015. 28(1):32-38.
- 35) **Yardley JE**, Hay J, Abousetta AM, Marks S, and McGavock J. "A systematic review and meta-analysis of exercise interventions in adults with type 1 diabetes". *Diabetes Research and Clinical Practice*. 2014;106(3):393-400.
- 36) **Yardley JE**, Sigal RJ, Riddell MC, Perkins BA, Kenny GP. "Performing resistance exercise before versus after aerobic exercise influences growth hormone secretion in type 1 diabetes". *Applied Physiology Nutrition and Metabolism*. 2014; Feb;39(2):262-5.
- 37) Kenny GP, Stapleton JM, **Yardley JE**, Boulay P, and Sigal RJ. "Older adults with type 2 diabetes store more heat during exercise". *Medicine and Science in Sports and Exercise*. 2013; 45(10):1906-14.
- 38) Stapleton JM, **Yardley JE**, Boulay P, Sigal RJ, and GP Kenny. "Whole-body heat loss during exercise in the heat is not impaired in type 1 diabetes". *Medicine and Science in Sports and Exercise*. 2013; 45(9):1656-64.
- 39) **Yardley JE**, Kenny GP, Perkins BA, Riddell MC, Balaa N, Khandwala F, Malcolm J, Boulay P, and RJ Sigal. "Resistance versus aerobic exercise: acute effects on glycemia in type 1 diabetes". *Diabetes Care*. 2013;36(3):537-42.

- 40) \***Yardley JE**, Sigal RJ, Riddell MC, and GP Kenny. "Resistance exercise in type 1 diabetes". *Canadian Journal of Diabetes*. 2013; 37:420-426.
- 41) **Yardley JE**, Mollard R, MacIntosh A, MacMillan F, Wicklow B, Berard L, Hurd C, Marks S, and McGavock J. "Vigorous intensity exercise for glycemic control in patients with type 1 diabetes". *Canadian Journal of Diabetes*. 2013; 37(6):427-432.
- 42) **Yardley JE**, Sigal RJ, Kenny GP, Riddell MC and BA Perkins. "Point accuracy of interstitial continuous glucose monitoring during exercise in type 1 diabetes". *Diabetes Technology and Therapeutics*. 2013;15(1):46-9.
- 43) **Yardley JE**, Iscoe KE, Sigal RJ, Kenny GP, Perkins BA and MC Riddell. "Insulin pump usage is associated with less post-exercise hyperglycemia than multiple daily insulin injections in type 1 diabetes". *Diabetes Technology and Therapeutics*. 2013;15(1):84-8.
- 44) **Yardley JE**, Stapleton JM, Sigal RJ, and Kenny GP. "Do heat events pose a greater health risk for individuals with type 2 diabetes?" *Diabetes Technology and Therapeutics*. 2013; 15(6):520-529.
- 45) **Yardley JE**, Stapleton JM, Carter MR, Sigal RJ, Kenny GP. "Is whole-body thermoregulatory function impaired in type 1 diabetes mellitus?" *Current Diabetes Reviews*. 2013; 9(2): 126-136.
- 46) **Yardley JE**, Sigal RJ, Kenny GP. "Heat health planning: The importance of social and community factors". *Global Environmental Change*. 2012; 21(2): 670-679.
- 47) **Yardley JE**, Kenny GP, Perkins BA, Riddell MC, Malcolm J, Boulay P, Khandwala F, and RJ Sigal. "Effects of performing resistance exercise before versus after aerobic exercise on glycemia in type 1 diabetes". *Diabetes Care*. 2012; 35(4):669-75.
- 48) Kenny GP, **Yardley JE**, Brown C., and Jay O. "Heat stress in older individuals and patients with common chronic diseases". *Canadian Medical Association Journal*. 2010; 182(10): 1053-60.
- 49) **Yardley JE**, Kenny GP, Sigal RJ. "Physical activity and the type 2 diabetic patient". *Current Issues in Cardiac Rehabilitation and Prevention*. 2009. October.
- 50) Kenny GP, **Yardley JE**, Brown C., Jay O. "Heat management in at-risk population groups". Government of Canada, Health Canada, Climate Change and Health Office, Report reference #4500175452. 2009.
- 51) Kenny GP, **Yardley JE**, Martineau L and Jay O. "Physical work capacity in older adults: implications for the aging worker". *American Journal of Industrial Medicine*. 2008; 51:610-625.

#### b) Text Book Contributions

- 1) **Yardley JE**, Colberg SR. "Type 1 Diabetes". In: Feehan J editor. *Exercise across the Lifespan*. Elsevier, Amsterdam, 2021. 2022. In press.
- 2) Moser O, Finn M, **Yardley J**, Bracken R. Physical Exercise with Type 1 Diabetes. In: Scott A, and Vishnubala D, editors. *Exercise Management for Referred Medical Conditions*. Routledge. 2022. In press.

- 3) Boulé NG and **Yardley JE**. "Finding Precision Medicine in Exercise/Physical Activity for People with Diabetes". In: Basu R, editor. *Precision Medicine in Diabetes: A Multidisciplinary Approach to an Emerging Paradigm*. Springer Nature, Basingstoke, UK. 2022. In press.
- 4) Scott SN, Riddell MC, **Yardley JE**. "Type 1 Diabetes and Exercise". In: Hackney AC, and Constantini N, editors. *Endocrinology of Physical Activity and Sport, Third Edition*. Springer Nature Switzerland, 2020.
- 5) **Yardley JE** and Riddell MC. "Athletes with Chronic Conditions: Diabetes". In: Meyer F, Szygula Z, and Wilk B, editors. *Fluid Balance, Hydration and Athletic Performance*. CRC Press, Taylor & Francis Group; 2016.
- 6) **Yardley JE**, Alberga A, Kenny GP and Sigal RJ. "Lifestyle Issues: Exercise". In: Holt RG, editor. *Textbook of Diabetes, Fourth Edition*. Oxford, UK: Blackwell Publishing; 2010.

#### c) Editorials

- 1) **Yardley JE**, Campbell MD. "Moving towards precision medicine with diabetes, exercise and physical activity". *Canadian Journal of Diabetes*, 2020 44(8):679.
- 2) **Yardley JE**. "Exercise and the artificial pancreas: Trying to predict the unpredictable in patients with type 1 diabetes?" *Canadian Journal of Diabetes*, 2020; 44(2):119-120.

#### d) Letters to the Editor

- 1) **Yardley JE**, Sigal RJ. "Glucose management for exercise using continuous glucose monitoring: Should sex and prandial state be additional considerations?" *Diabetologia*, 2021;64(4):932-934.

#### e) Expert Commentaries

- 1) **Yardley JE**. Commentary on "Exercise management: Considerations and strategies for T1D" by Dr. Michael C. Riddell (presented at Endo 2020). Available at: <https://endohighlights2020.com/summaries-podcasts/summaries>

#### f) Abstracts and Conference Presentations

- 1) Choudhry A, **Yardley JE**, Pepper AR, Melling CWJ. Blood glucose levels following repetitive aerobic exercise in fasted rats with type 1 diabetes. Submitted to the Diabetes Canada Professional Conference (November 9-12, 2022, Calgary, AB).
- 2) **Yardley JE**, Melling CWJ, Pepper AR. Pre-transplant exercise may improve glycemic outcomes after marginal islet mass transplant in type 1 diabetes. Submitted to the Diabetes Canada Professional Conference (November 9-12, 2022, Calgary, AB).
- 3) Momeni Z, **Yardley JE**. Effect of the menstrual cycle on glycemic responses to exercise in female participants with type 1 diabetes. Accepted for oral presentation at the American Diabetes Association Scientific Sessions. (June 3-7, 2022, New Orleans, USA).



- 4) McClure R, Weseen E, Cordero FJA, Maldaner M, Hart S, Boulé NG, Yardley JE. Meta-analysis of blood glucose response to high intensity exercise in adults with type 1 diabetes. Accepted for poster presentation at the American Diabetes Association Scientific Sessions. (June 3-7, 2022, New Orleans, USA).
- 5) Momeni Z, Boulé NG, Prado C, Yardley JE. The effect of starting blood glucose levels on electrolyte balance during and after exercise in type 1 diabetes. Accepted for poster presentation at the American Diabetes Association Scientific Sessions. (June 3-7, 2022, New Orleans, USA).
- 6) Logan JE, Prevost M, Brazeau AS, Hart S, Maldaner M, Yardley JE. The impact of gender on physical activity preferences and barriers in adults with type 1 diabetes: A qualitative study. Accepted for poster presentation at the American Diabetes Association Scientific Sessions. (June 3-7, 2022 New Orleans, USA).
- 7) Wu Zekai, **Yardley JE**, Messier V, Rabasa-Lhoret R. Comparison of nocturnal glucose management after exercise among dual-hormone, single-hormone automated insulin delivery system and usual care in type 1 diabetes: a pooled analysis. Accepted for oral presentation at the Advanced Technologies and Treatments in Diabetes Conference (April 27-30, 2022, Barcelona, Spain).
- 8) Momeni Z, Yardley JE. Early follicular phase of the menstrual cycle may be associated with more post-exercise hyperglycemia in female participants with type 1 diabetes. Presented at the Diabetes Canada Professional Conference 2021, November 26, 2021 (virtual).
- 9) Momeni Z, Boulé NG, Prado CM, Yardley JE. The effect of starting capillary glucose levels on serum electrolytes during and after exercise in type 1 diabetes. Presented at the Alberta Diabetes Institute Research Day, November 1, 2021 (virtual).
- 10) McClure R, Weseen E, Cordero F, Maldaner M, Hart S, Boulé N, Yardley JE. Meta-analysis of blood glucose response to high intensity intermittent exercise in type 1 diabetes. Presented at the Alberta Diabetes Institute Research Day, November 1, 2021 (virtual).
- 11) Persad KL, Pringnitz MA, Yardley JE. "Effects of the menstrual cycle on blood glucose responses to exercise in females with type 1 diabetes". Poster presentation at the Diabetes Canada Professional (Virtual) Conference (October 28-31, 2020). *Canadian Journal of Diabetes* 2020; 44(7 Suppl): S32.
- 12) Hinz HA, Prado CM, Boulé NB, Yardley JE. "The association of exercise blood glucose on post-exercise hypoglycemia in type 1 diabetes". Accepted for oral presentation at the Diabetes Canada Professional (Virtual) Conference (October 28-31, 2020). *Canadian Journal of Diabetes* 2020; 44(7 Suppl): S3.
- 13) Eckstein ML, Pesta D, McCarthy O, West DJ, **Yardley JE**, Zuger T, Stettler C, Farinha JB, Riddell MC, Brugnara L, Roden M, Sourij H, Bracken RM, Hoffmann P, Moser O. "Differences in physiological responses to cardio-pulmonary exercise testing in adults with type 1 diabetes and healthy controls – a pooled analysis". Presented at the European Association for the Study of Diabetes Conference (September 21-25, 2020), Vienna, Austria.
- 14) McGaugh SM, Zaharieva DP, Pooni R, D'Souza NC, **Yardley JE**, Riddell MC. "Menstrual cycle and glycemic differences during prolonged, fasting exercise in females with type 1 diabetes". Poster presentation at the American Diabetes Association Scientific Sessions (June 12-16, 2020) Chicago, IL. *Diabetes* 2020; 69(Suppl 1): 680-P.

- 15) Brockman NK, Sigal RJ, Kenny GP, Riddell MC, Perkins BP, **Yardley JE**. "Sex-related differences in blood glucose responses to resistance exercise in adults with type 1 diabetes: a secondary data analysis". Presented at the University of Alberta Excellence in Medical Student Research Day (November 26, Edmonton, AB).
- 16) Korpesho N, **Yardley JE**, Duhamel T, McGavock J. "Nothing about us without us: Identifying research priorities for exercise and type 1 diabetes". Abstract accepted for oral presentation at the Diabetes Canada Professional Conference (October 2-5, Winnipeg, MB). *Canadian Journal of Diabetes* 2019; 43(Suppl 1): S18.
- 17) MacIntosh A, Hay JL, Zaharieva DP, Jamnik V, Riddell MC, Boule NG, McGavock J, **Yardley JE**. "Vigorous intensity intervals and moderate intensity exercise have similar post-exercise impacts on blood glucose in trained young adults with type 1 diabetes". Poster presentation at the Diabetes Canada Professional Conference (October 2-5, Winnipeg, MB). *Canadian Journal of Diabetes* 2019; 43(Suppl 1): S106.
- 18) Gonzalez Rodriguez D, Martinez Llamas Y, **Yardley JE**. « High intensity interval exercise in type 1 diabetes – Effect of time of day". Abstract selected for oral presentation at the Diabetes Canada Professional Conference (October 2-5, Winnipeg, MB). *Canadian Journal of Diabetes* 2019; 43(Suppl 1): S13.
- 19) **Yardley JE**. "Effect of morning (fasting) versus afternoon high intensity intermittent exercise on blood glucose in type 1 diabetes". Poster presentation at the American Diabetes Association Scientific Sessions (June 7-10, 2019, San Francisco, CA). *Diabetes* 2019; 68(Suppl 1):751-P.
- 20) Klappat N, MacIntosh A, Hay J, **Yardley JE**, Boule NG, Zaharieva DP, Riddell MC, McGavock J. "Increased physical activity patterns above current guidelines does not increase glucose variability in type 1 diabetes". *Canadian Journal of Diabetes* 2018; 42: 5(Suppl): S51.
- 21) Houlder S, Toghi-Eshghi S, **Yardley JE**. "Morning vs afternoon performance of resistance exercise in type 1 diabetes: Interstitial glucose responses". Presented at the Alberta Diabetes Institute Research Day. Edmonton, Alberta, October 2, 2018.
- 22) Buote Stella A, **Yardley JE**, Francescato MP, Morrison SA. "Fluid intake habits during physical activity in type 1 diabetes". *Annals of Nutrition and Metabolism* 2018; 72(Suppl 2): 41. Presented July 4, 2017 in Evian, France.
- 23) Brockman NK, **Yardley JE**. "Resistance exercise in type 1 diabetes: Sex-related differences". Accepted for oral presentation at the Alberta Diabetes Institute Research Day. Edmonton, Alberta, October 5, 2017.
- 24) Rees J, Boule N, Chang C, **Yardley JE**, Dyck B, Funk D, Snyder Miller G, Sigal R, Bastell K, Gibala M, Godkin B, Riesco E, Weisnagel J, Little J. "Variability in glycemic responses to exercise in type 2 diabetes: The E-PaRaDiGM Protocol". *Canadian Journal of Diabetes* 2017; 41(Suppl 1): S65.
- 25) Brockman NK, Dyck R, Yeung R, Senior P, **Yardley JE**. "T1D Boot Camp 360: Combined experiential and classroom learning improve diabetes care provider confidence in physical activity counseling". *Canadian Journal of Diabetes* 2017; 41(Suppl 1): S63.
- 26) MacIntosh A, Korpesho N, Hay J, Rempel M, Wittmeier K, Bouchard D, Duhamel T, **Yardley JE**, McGavock J. "Moderate-vigorous physical activity and the risk of hypoglycemia in active and inactive persons living with type 1 diabetes". *Canadian Journal of Diabetes* 2017; 41(Suppl 1): S27.



- 27) Rempel M, MacIntosh A, Hay J, Bouchard DR, Cornish S, Marks S, Hai Y, Gordon J, McGavock J, **Yardley JE**. "Vigorous intensity exercise and hypoglycemia risk in untrained individuals with type 1 diabetes". *Canadian Journal of Diabetes* 2017; 41(Suppl 1): S9.
- 28) Toghi-Eshghi SR, **Yardley JE**. "Acute effects of morning versus afternoon resistance exercise on glycemia in type 1 diabetes". *Canadian Journal of Diabetes* 2017, 41 (Suppl 1): S64.
- 29) Munan M, Rees J, Simin I, **Yardley JE**, Dyck B, Funk D, Snyder Miller G, Boule N. "The Exercise-Physical Activity and Diabetes Glucose Monitoring (E-PaRaDiGM) Protocol: Preliminary results and future directions. ReCon Graduate Student Retreat and Conference". Canmore, Alberta, September 8-10, 2017.
- 30) **Yardley JE**, Toghi Eshghi S, Funk DR, Rees J, Boule N, Senior P. "Aerobic exercise reveals impaired insulin suppression in ITx recipients compared with nondiabetic individuals". Accepted for oral presentation at the American Diabetes Association Scientific Sessions, San Diego, CA, June 9-13, 2017. *Diabetes* 2017; 66(Suppl 1): A82.
- 31) Kleinman NJ, Dyck RA, Yeung R, Senior P, **Yardley JE**. "What I've really learned is that exercise is vitally important for diabetics": Impact of an exercise program on self-efficacy and perceived barriers among people with type 1 diabetes. Accepted for poster presentation at the American Diabetes Association Scientific Sessions, San Diego, CA, June 9-13, 2017. *Diabetes* 2017; 66(Suppl 1): A196.
- 32) Kleinman NJ, Dyck RA, Yeung R, Senior P, **Yardley JE**. "Before, I didn't really know for sure what was going to happen with the blood sugars": An exercise program for staff and patients improves providers' knowledge of exercise and planned counseling for T1D patients. Accepted for poster presentation at the American Diabetes Association Scientific Sessions, San Diego, CA, June 9-13, 2017. *Diabetes* 2017; 66(Suppl 1): A186.
- 33) Funk D, Reza Toghi Eshghi S, Rees J, Zhang C, Dyck RA, Cheung K, Olateju T, Boulé NG, Senior P, & **Yardley JE**. "Glucose variability around exercise persists in insulin-independent human islet transplant recipients". Oral abstract presented at the Canadian Diabetes Association Professional Conference and Annual Meeting, October 26-29, 2016. Ottawa, Ontario. *Canadian Journal of Diabetes* 2016; 40(5): S20.
- 34) Funk D, Reza Toghi Eshghi S, Rees J, Zhang C, Dyck RA, Cheung K, Olateju T, Boulé NG, Senior P, & **Yardley JE**. "Islet transplant patients do not display hypoglycemia during or after moderate aerobic exercise". Presented at the Alberta Diabetes Institute Research Day. Edmonton, Alberta, October 6, 2016.
- 35) Zhang C, Funk D, Rees J, Reza Toghi Eshghi S, Dyck RA, Boulé NG, Senior P and **Yardley JE**. "Post-exercise glucose variability in islet cell transplant recipients". Presented at the University of Alberta Intern Symposium, Edmonton, Alberta, August 17, 2016.
- 36) Dyck RA, Zhang C, Yeung R, Senior P, and **Yardley JE**. "T1D Boot Camp 360: Exercise self-efficacy in type 1 diabetes patients and diabetes care providers". Oral presentation at the Summer RA Research Symposium, Augustana Faculty of the University of Alberta, Camrose, Alberta, August 16, 2016.
- 37) Rees J, **Yardley JE**, Prado C, Little J, Boule N. "Exercise Physical Activity Diabetes Glucose Monitoring Protocol (E-PaRaDiGM) - A multi-Site study". ReCon Graduate Student Retreat and Conference. Canmore, Alberta, September 2-4, 2016.

- 38) **Yardley JE**, Funk D, Rees J, Reza Toghi Eshghi S, Cheung K, Olateju T, Boule, N, Senior P. "Aerobic exercise still poses a challenge for glucoregulation in insulin independent islet transplant recipients". Late breaking abstract poster presentation at the American Diabetes Association Scientific Sessions. New Orleans, Louisiana, June 10-14, 2016. *Diabetes* 2016; 65(Suppl 1):226-LB.
- 39) Funk D, Boule NG, Senior PA, **Yardley JE**. "Declines in blood glucose during exercise in human islet transplant recipients". Oral presentation at the Augustana Conference on Undergraduate Research and Innovative Teaching. Camrose, Alberta, April 25-26, 2016.
- 40) Funk D, Boule NG, Senior PA, **Yardley JE**. "Blood glucose control during exercise in human islet transplant recipients: Effect of time since transplant". Poster presented at the University of Alberta, Augustana Faculty Student Academic Conference. Camrose, Alberta, April 4, 2016.
- 41) Funk D, Rees J, Reza Eshghi Toghi S, Boule NG, Senior P, **Yardley JE**. "Blood glucose control during exercise in islet transplant recipients". Oral presentation at the University of Alberta, Augustana Faculty Student Academic Conference. Camrose, Alberta, December 7, 2015.
- 42) Funk, D, Boulé NG, Senior P, **Yardley JE**. "Blood glucose control during exercise in islet transplant recipients". Accepted for oral presentation at the Alberta Diabetes Institute Research Day. Edmonton, Alberta, October 6, 2015.
- 43) Carneiro IP, Orsso CE, Boulé NG, Little J, Jung M, **Yardley JE**, Gibala M, Sigal RJ, Weisnagel, J, McGavock J, MacIntosh A, Rees J., Prado CM for the E-ParaDiGM Study Team. "Standardizing dietary intake in exercise intervention studies using continuous glucose monitoring systems". Poster presented at the Alberta Diabetes Institute Research Day. Edmonton, Alberta, October 6, 2015.
- 44) Funk, D & **Yardley JE**. "Blood glucose control during exercise in Islet Cell Transplant Recipients". Oral presentation at the Augustana Summer Research Assistant/Intern Symposium. Camrose, Alberta, August 18, 2015.
- 45) **Yardley JE**, Solomon AM, Kenny GP, Riddell MC, Perkins BA, Sigal RJ. "In type 1 diabetes, are glucose levels the morning after activity linked with post-exercise endocrine dynamics?" Poster presented at the *Diabetes UK Professional Conference* (London, England. March 11-13, 2015). *Diabetic Medicine* 2015; 32: 84.
- 46) **Yardley JE**, Hay J, Abou-setta AM, Marks SD, McGavock J. "Association of structured physical activity with blood glucose control in patients with type 1 diabetes: a systematic review and meta-analysis". Accepted for oral presentation at the Canadian Diabetes Association Annual Meeting (Winnipeg, Manitoba. October 23, 2014). *Canadian Journal of Diabetes* 2014; 38: S15-S16.
- 47) Rempel M, MacIntosh AC, Hay J, Bouchard D, Cornish S, Marks S, **Yardley JE**, McGavock J. "Comparing the effects of three exercise intensities on the prevention of hypoglycemia in people with type 1 diabetes: Preliminary data". Poster presented at the Manitoba Institute of Child Health 10th Annual Child Health Research Day. Winnipeg, Manitoba. October 1, 2014.
- 48) MacIntosh A, **Yardley JE**, Kenny GP, Bouchard D, McGavock J." Is peak oxygen uptake reduced in adolescents and adults with type 1 diabetes?" Poster presented at the Manitoba Institute of Child Health 10th Annual Child Health Research Day. Winnipeg, Manitoba. October 1, 2014.

- 49) **Yardley JE**, MacMillan F, Hay J, Wittmeier K, Wicklow B, MacIntosh A, McGavock J. "The blood pressure response to exercise in youth with impaired glucose tolerance in type 2 diabetes". Selected for oral presentation at the Manitoba Institute of Child Health 9<sup>th</sup> Annual Child Health Research Day. Winnipeg, Manitoba. October 3, 2013.
- 50) Rempel M, **Yardley JE**, Hay J, Abou-Setta A, McGavock J. "Does exercise lower HbA<sub>1c</sub> in type 1 diabetes? A meta-analysis". Selected for oral presentation at the Manitoba Institute of Child Health 9<sup>th</sup> Annual Child Health Research Day. Winnipeg, Manitoba. October 3, 2013.
- 51) **Yardley JE**, Zaharieva DP, Jarvis C, Riddell MC. "The "ups" and "downs" of a bike race in type 1 diabetes: Dramatic differences in blood glucose responses from the Paris to Ancaster Spring Classic". *Canadian Journal of Diabetes* 2013; 37: S4-S49.
- 52) **Yardley JE**, Kenny GP, Riddell MC, Perkins BA, Sigal RJ. "The frequency of nocturnal hypoglycemia is not increased with exercise in physically active individuals with well-controlled diabetes". *Canadian Journal of Diabetes* 2013;37: S4-S49
- 53) **Yardley JE**, Sigal RJ, Perkins BA, Riddell MC, Kenny GP. "Performing resistance exercise prior to aerobic exercise results in higher growth hormone levels during exercise in physically active individuals with well-controlled type 1 diabetes". Annual Meeting of the American Physiological Society, EB2013, Boston, MA, April 20-24, 2013. *Federation of American Societies for Experimental Biology Journal* 2013; 27:712.29.
- 54) Kenny GP, Stapleton JM, **Yardley JE**, Boulay P and Sigal RJ. "Older adults with type 2 diabetes have a reduced capacity to dissipate heat during physical activity". *Applied Physiology Nutrition and Metabolism* 2012; 37(Suppl): S19.
- 55) **Yardley JE**, Sigal RJ, Kenny GP, Riddell MC and BA Perkins. "Point accuracy of interstitial continuous glucose monitoring during resistance and aerobic exercise in type 1 diabetes". Accepted for oral presentation at the Canadian Diabetes Association Scientific Sessions, Vancouver, BC, October 10 to 13, 2012. *Canadian Journal of Diabetes* 2012; 36: S14.
- 56) **Yardley JE**, Iscoe KE, Sigal RJ, Kenny GP and MC Riddell. "Insulin pump is associated with less post-exercise hyperglycemia than injected insulin in type 1 diabetes". American College of Sports Medicine (ACSM) Annual Conference, San Francisco, CA, May 31, 2012. *Medicine and Science in Sports and Exercise*. 2012; 44(5) Suppl: S341.
- 57) **Yardley JE**, Sigal RJ, Kenny GP, Perkins BA, Riddell, M. "Declines in blood glucose during aerobic exercise are attenuated by prior resistance exercise". Canadian Diabetes Association Scientific Sessions, Toronto, ON, October 28, 2011 (granted a Travel Award by the Canadian Diabetes Association). *Canadian Journal of Diabetes* 2011; 35:370.
- 58) Kenny GP, Stapleton JM, **Yardley JE**, Boulay P, Malcolm J, Sigal RJ. "The effects of type 1 diabetes on body heat storage during exercise in the heat". International Conference on Environmental Ergonomics. Nafplio, Greece, July 10-15, 2011.
- 59) **Yardley JE**, Sigal RJ, Kenny GP, Perkins BA, Riddell M. "Performing resistance exercise before aerobic exercise reduces the risk of hypoglycemia in type 1 diabetes: a study using continuous glucose monitoring". Canadian Diabetes Association Scientific Sessions, Edmonton AB, October 21, 2010. (granted a Travel Award by the Canadian Diabetes Association). *Canadian Journal of Diabetes* 2010; 34:247.

- 60) **Yardley JE**, Kenny GP, Perkins BA, Riddell M., Malcolm JC and Sigal RJ. "Greater fluctuations in blood glucose seen both during and after aerobic exercise as compared to resistance or no exercise in type 1 diabetes: A study using continuous glucose monitoring". Canadian Society for Exercise Physiology Annual Meeting – Exploring the Routes to Health and Fitness. November 3-6, 2010, Toronto Ontario, *Applied Physiology Nutrition and Metabolism* 2010; 35(Suppl): S112.

#### INVITED LECTURES OR PRESENTATIONS & GUEST SPEAKER (ACADEMIC)

- 1) *Type 1 diabetes, exercise and women's health*. Presentation for the Alberta Diabetes Institute Seminar Series (Virtual, March 7, 2022)
- 2) *Movement matters: Understanding exercise for people with diabetes*. Invited presentation for Northern Alberta health care providers (Virtual – October 5, 2021)
- 3) *Advanced exercise: Troubleshooting with athletes*. Invited presentation for the Connected in Motion HCP Virtual Slipstream educational event for health care providers serving adults with type 1 diabetes (Virtual – September 9, 2021)
- 4) *Moving towards precision medicine for exercise with type 1 diabetes*. Association of Diabetes Care & Education Specialists Annual Conference (Phoenix, Arizona – Virtual, August 15, 2021)
- 5) *Resistance exercise as medicine for individuals with type 1 diabetes*. Invited talk for the Diabetes, Obesity and Cardiovascular Complication Excellence Center (Sherbrooke University). (Virtual – March 23, 2021)
- 6) *Getting pumped for exercise*. Invited talk for the Nova Scotia Health Insulin Pump Education Day. (Virtual – November 27, 2020)
- 7) *Exercise in the COVID era*. Invited talk for the Diabetes Canada Professional Conference and Annual Meetings (Virtual – October 28-30, 2020)
- 8) *Time of day matters, or does it?* Invited talk for the American Diabetes Association Virtual Conference. June 12-16, 2020.
- 9) *What's new in exercise and type 1 diabetes*. Presented at a health care provider professional development weekend. Vancouver, BC, February 29, 2020.
- 10) *Insulin, intensity and instrumentation: essentials for exercise success in type 1 diabetes*. Invited lecture at the University of Chicago at Illinois Endocrinology Grand Rounds, Chicago, IL, January 28, 2020.
- 11) *Insulin, intensity and instrumentation: essentials for exercise success in type 1 diabetes*. Invited lecture at the Diabetes Canada Professional Conference and Annual Meetings. Halifax, NS, October 13, 2018.
- 12) *Exercise in type 1 diabetes*. Invited lecture for the Edmonton Zone Diabetes Retreat. Grey Nuns Hospital, Edmonton, AB, September 27, 2018.
- 13) *About blood (glucose) control during exercise: the ABCs of exercise and type 1 diabetes*. invited lecture at the *Advances in Diabetes and Insulin Therapy* conference held in Dubrovnik, Croatia, April 17, 2018.

- 14) *About blood (glucose) control during exercise: the ABCs of exercise and type 1 diabetes.* Presented at a health care provider dinner for the Calgary Professional section of Diabetes Canada, Calgary, AB, March 5, 2018.
- 15) *The role of technology in managing exercise with type 1 diabetes.* Presented at a health care provider dinner in conjunction with the Diabetes Canada National Conference. Edmonton, AB, November 3, 2017.
- 16) *Management of the athlete with type 1 diabetes.* Invited lecture at the University of Alberta Athlete Health Day. Edmonton, AB, June 1, 2017.
- 17) *Testing transplanted islets with aerobic exercise.* Alberta Diabetes Institute research in progress presentation. Edmonton, AB, May 29, 2017.
- 18) *Balancing the variables: Exercise in type 1 diabetes.* Presented at a lunch and learn session for health care providers. Kitchener, ON, May 15, 2017.
- 19) *Balancing the variables: Exercise in type 1 diabetes.* Presented during an advanced insulin pump workshop. Markham, ON, May 11, 2017.
- 20) *Balancing the variables: Exercise in type 1 diabetes.* Presented at a lunch and learn session for health care providers. Barrie, ON, May 15, 2017.
- 21) *Balancing the variables: Exercise in type 1 diabetes.* Presented at a lunch and learn session for health care providers. Mississauga, ON, May 10, 2017.
- 22) *Balancing the variables: Exercise in type 1 diabetes.* Presented at a dinner for health care providers. Ottawa, ON, May 9, 2017.
- 23) *Balancing the variables: Exercise in type 1 diabetes.* Presented at a dinner for health care providers. Montreal, QC, May 9, 2017.
- 24) *Intensity matters: managing exercise in type 1 diabetes.* Presented at a health care provider dinner. Kitchener, ON, February 23, 2017.
- 25) *Intensity matters: managing exercise in type 1 diabetes.* Presented at a health care provider dinner. London, ON, February 22, 2017.
- 26) *Intensity matters: managing exercise in type 1 diabetes.* Presented at a health care provider lunch. Brampton, ON, February 21, 2017.
- 27) *Intensity matters: managing exercise in type 1 diabetes.* Presented at a health care provider dinner. Hamilton, ON, February 21, 2017.
- 28) *Type 1 diabetes and exercise: Type, timing, duration & intensity.* Presented at the Advanced Pump Therapy Workshop hosted by Animas Canada in Edmonton, AB. June 3, 2016.
- 29) *Exercise and blood glucose in diabetes.* Invited talk at the Canadian Diabetes Association Edmonton Chapter Diabetes Educator Section Spring Thaw Workshop in Edmonton, AB. May 7, 2016.



- 30) *Exercise, intensity, and technology*. Presented at the Advanced Pump Therapy Workshop hosted by Animas Canada in Vancouver, BC. April 8, 2016.
- 31) *Perfecting modern medical innovations: Do transplanted islet cells pass the test as a successful cure for type 1 diabetes?* Presented at the Augustana Campus Research Colloquium. Camrose, AB. March 21, 2016.
- 32) *Intensity matters: Exercise in type 1 diabetes*. Invited lecture at case rounds, Division of Endocrinology and Metabolism, University of Alberta. Edmonton, AB. October 22, 2015.
- 33) *Getting pumped: Sprints, intervals, weight lifting and blood glucose in type 1 diabetes*. Invited lecture, Alberta Diabetes Institute. Edmonton, AB. November 3, 2014.
- 34) *Aerobic vs. anaerobic exercise in type 1 diabetes*. Invited lecture at the XXV Congreso Nacional de la Sociedad Española de Diabetes, held in Pamplona, Spain from April 3 to April 5, 2014.
- 35) *Sprints, intervals, weight lifting and blood glucose in type 1 diabetes*. Invited lecture at the Physical Activity and Diabetes Laboratory, Li Ka Shing Centre for Health Research Innovation, Alberta Diabetes Institute. Edmonton, AB. December 2013.
- 36) *Acute effects of resistance and aerobic exercise in type 1 diabetes*. Guest lecture for APA 6901, Selected Topics in Human Kinetics, University of Ottawa, Ottawa, ON. September, 2012.
- 37) *Diabetes and exercise research at the university of Ottawa*. Invited talk at the Riverside Hospital Endocrinology Rounds, Ottawa, ON. August 2012.

#### LECTURES FOR LAY AUDIENCES (patients & general public)

- 1) *Sugar and sweat: The lowdown on diabetes and exercise*. University of Alberta, Augustana Faculty, Lunch and Learn Series. (Virtual, November 18, 2021)
- 2) *Moving matters*. Invited talk for the Camrose Rotary Club Daybreak (Virtual, August 3, 2021)
- 3) *Sit less, move more, move more vigorously: Exercise from a pandemic perspective*. Invited talk for University of Alberta, Research Ethics Office. (Virtual, May 10, 2021)
- 4) *Exercise 201: Advanced strategies for diabetes management during exercise*. Connected in Motion Virtual Slipstream. (Virtual – April 24, 2021)
- 5) *Exercise type, timing and intensity: The devil is in the details*. Diabetes Canada Peer Connect (Virtual – April 14, 2021)
- 6) *Sit less, move more, move more vigorously: Exercise from a pandemic perspective*. Invited talk for University of Alberta, Augustana Faculty, Lunch and learn. (Virtual, April 7, 2021)
- 7) *Time of day matters: Fasted vs fed exercise in type 1 diabetes*. Virtual presentation for the CADEN patient engagement group, February 12, 2021.



- 8) *What we know, what we think we know, what we need to learn – Ce qu'on sait, ce qu'on croit connaître, ce qu'il nous faut apprendre.* Virtual presentation for the CADEN patient engagement group. June 9, 2020.
- 9) *Top 5 things to know about exercise and type 1 Diabetes.* Webinar presented as part of the Connected in Motion Virtual Slipstream. May 2, 2020.
- 10) *Advanced exercise: Tweaks and tips.* Presented for patients and caregivers at the Friends for Life conference. Niagara, Ontario. November 10, 2019.
- 11) *Exercise basics: Getting active with type 1 diabetes.* Presented for patients and caregivers at the Friends for Life conference. Niagara, Ontario. November, 9, 2019.
- 12) *What, when, where and how: Keys to exercise success in type 1 diabetes.* Presented for patients at the Connected in Motion Western Slipstream event. Lake Louise, AB. July 7, 2019.
- 13) *About blood (glucose) control during exercise: The ABCs of exercise in type 1 diabetes.* Presented for patients at the Edmonton C-Endo Clinic. Edmonton, AB. February 13, 2019.
- 14) *T1D Boot Camp 360: We can work (it) out together.* Presented at the Augustana Faculty Research Colloquium. Camrose, AB, September 23, 2018.
- 15) *Managing exercise in type 1 diabetes.* Presented for patients at the C-Endo Health Clinic in Calgary, AB. September 10, 2018.
- 16) *Exercise “hacks” for avoiding lows.* Presented to a pump optimization workshop patient group at the Grey Nuns Hospital in Edmonton, AB, on June 21, 2018.
- 17) *It's not just what you do, it's when you do it.* Presented at the Augustana Faculty Research Colloquium. Camrose, AB, November 17, 2017.
- 18) *Intensity matters: Exercise in type 1 diabetes.* Presented at a patient event. Edmonton, AB, October 14, 2017.
- 19) *Living long, living strong: The benefits of resistance exercise.* Invited talk at the Diabetes and Exercise: Moving for Life - Diabetes UK Patient Conference. Swansea, Wales, July 8, 2017.
- 20) *Let's talk intensity: How exercise affects blood glucose and why.* Presented at a patient information session. Windsor, ON, May 16, 2017.
- 21) *Let's talk intensity: How exercise affects blood glucose and why.* Presented at a patient information event. St. Catharines, ON, May 13, 2017.
- 22) *Let's talk intensity: How exercise affects blood glucose and why.* Presented at a patient information event. Toronto, ON, May 10, 2017.
- 23) *Living long, living strong: The benefits of resistance exercise.* Invited talk at the Welsh Diabetes and Exercise Educational Day. Swansea, Wales, June 18, 2016.

- 24) *Let's talk intensity: How exercise affects blood glucose and why.* Invited talk at the Juvenile Diabetes Research Foundation T1D Healthy Living Forum, Winnipeg, MB, February 27, 2016.
- 25) *Intensity matters: Exercise in type 1 diabetes.* Presented at the University of Alberta, Augustana Campus, *Idea Talks* event. Camrose, AB. January 21, 2016.
- 26) *Play hard, play long – the importance of physical activity throughout the life cycle.* Presented at the Faculty Theme Colloquium, Augustana Faculty, University of Alberta. Camrose, AB. September 21, 2015.
- 27) *Getting pumped – Sprints, intervals, weight lifting and blood glucose.* Invited talk at the Insulindependence 14<sup>th</sup> North American Conference on Diabetes and Exercise, San Diego CA – August 16-18, 2013.
- 28) *Using heart rate as a training tool.* Learn to Run Clinic, Running Room, Ottawa, ON. June 2011.
- 29) *Training by heart rate.* Learn to Run Clinic, Running Room, Ottawa, ON. May 2010.
- 30) *Type 1 diabetes and exercise.* Diabetes Action Network patient group, Ottawa, On. October 2008.
- 31) *Current research in type 1 diabetes and exercise.* Canadian Diabetes Association "Team Diabetes" meeting, Ottawa, ON. May 2008.

## PODCASTS AND ONLINE RESOURCES

- 1) *If you live with type 1 diabetes, how do sex and gender impact your exercise outcomes?* "Diabetes 360" (Season 7, Episode 1). Diabetes Canada. March 8, 2022.
- 2) *Exercise and blood sugar control – Part 2.* "The Diabetes Vault" (Episode 5). Tune-in Podcasts. March 4, 2022. (<https://tunein.com/podcasts/The-Diabetes-Vault-p1618471/?topicId=171034191>)
- 3) *Exercise and type 1 diabetes.* "What type 1s Eat" podcast. Recorded September 8, 2021.
- 4) *Exercise and type 1 diabetes.* Invited talk for the Diabetes Canada "Ask the Expert" series. (August 2021 – <https://www.youtube.com/watch?v=V5ZdNFohbkl>).
- 5) *Keeping active with T1D.* Facebook Live Presentation for JDRF Canada, May 13, 2020.
- 6) *Rester actif avec le DT1.* Facebook Live Presentation for JDRF Canada, May 13, 2020.

## RESEARCH FEATURES: MEDIA INTERVIEWS & FEATURED ARTICLES

### About JE Yardley's Research

- 1) *Folio* (University of Alberta). Research aims to help women with type 1 diabetes live longer, healthier lives. March 8, 2022.

- 2) *Folio* (University of Alberta). Morning workouts safer for people with type 1 diabetes, study suggests. August 8, 2019.
- 3) *Healio Endocrine Today* ([www.healio.com](http://www.healio.com)). Timing of resistance exercise influences glucose response in type 1 diabetes. June 21, 2019.
- 4) CFAX 1070 Radio – Victoria. Live interview on exercise in type 1 diabetes with Dave Dixon. Friday, March 16, 2012.
- 5) *Ottawa Sun* article entitled: Ottawa doc's research urges diabetics to exercise. Printed on March 15, 2012.
- 6) *University of Ottawa Gazette*, Press Release entitled, "How to obtain optimal exercise benefits in individuals with type 1 diabetes". Posted on March 14<sup>th</sup>, 2012.
- 7) *Ottawa Citizen*. Front page article on Tuesday, August 25, 2009. Article title: Heat wave risk far deadlier for people over 60: U of O study. Research findings from Canadian Medical Association Journal publication titled Heat stress in older individuals, and patients with common chronic diseases (Kenny GP et al.). Work was also featured in 70 different radio stations and newspapers in Canada as well as US television and newspapers including several German, Italian and Spanish news outlets.

## SUPERVISORY EXPERIENCE

### a) Undergraduate Student Research

- 1) Sarah Scrase (University of Alberta, Faculty of Kinesiology, Sport and Recreation). Full-time practicum (January – April, 2022)
- 2) Chiamaka Edeogu (University of Alberta, Faculty of Kinesiology, Sport and Recreation). Full-time practicum (September – December, 2021)
- 3) Jessica Logan (University of Alberta, Augustana Faculty, 2021)  
**Distinctions:** University of Alberta Undergraduate Research Initiative Funding (2021)  
 Women's and Children's Health Research Institute Summer Studentship (declined) (2021)  
 Alberta Diabetes Institute Summer Studentship (declined) (2021)
- 4) Sarah Hart (University of Alberta, Faculty of Kinesiology, Sport and Recreation). Full-time practicum (January-April, 2021).
- 5) Miranda Maldaner (University of Alberta, Faculty of Kinesiology, Sport and Recreation). Full-time practicum (January-April, 2021).
- 6) Emma Weseen (University of Alberta, Augustana Faculty, 2020).  
**Distinctions:** University of Alberta Undergraduate Research Initiative Funding (2020)  
 University of Alberta, Augustana Campus Summer Research Award (declined) (2020)

- 7) Kaya Persad (University of Alberta, Faculty of Kinesiology, Sport and Recreation). Part-time practicum (January-April, 2020).
- 8) Meagan Pringnitz (University of Alberta, Faculty of Kinesiology, Sport and Recreation). Full-time practicum (September-December, 2019)
- 9) Nicole Brockman (University of Alberta, Augustana, 2017, 2019)  
**Distinctions:** Canada Graduate Scholarship (2018) (declined)  
 Alberta Innovates Health Solutions Summer Studentship (2017, 2019)  
 University of Alberta, Augustana Campus Summer Research Award (2017) (declined)
- 10) Daniela Gonzalez Rodrigues (Universidad del Rosario, Bogota, Colombia, 2019)  
**Distinctions:** University of Alberta Research Experience grant
- 11) Yair Martinez Llamas (Universidad de Guadalajara, Mexico, 2019)  
**Distinctions:** Mitacs Globalink Research Internship
- 12) Shaelyn Houlder (University of Alberta, Augustana, 2018)  
**Distinctions:** Alberta Diabetes Institute Summer Studentship (2018)  
 University of Alberta, Augustana Campus Don Mazankowski Award (top undergraduate summer student applicant) (2018 – declined)
- 13) Deanna Funk (University of Alberta, Augustana, 2015-2017)  
**Distinctions:** University of Alberta, Augustana Campus Don Mazankowski Research Internship / Roger Epp Team-Based Student Research Award (2016)  
 University of Alberta, Augustana Campus, Don Mazankowski Award (top undergraduate summer studentship applicant) (2015)  
 Alberta Diabetes Institute Summer Studentship Award (2015)
- 14) Rebecca Dyck (University of Alberta, Augustana, 2016-2017)  
**Distinctions:** University of Alberta, Augustana Campus Don Mazankowski Research Internship / Roger Epp Team-Based Student Research Award (2016)
- 15) Chufan Zhang (Central South University, China, 2016)  
**Distinctions:** University of Alberta Undergraduate Research Experience Award (2016)

#### b) Graduate/Postdoctoral Trainee Research

- 1) Zeinab Momeni, PhD (University of Alberta, Faculty of Kinesiology, Sport and recreation. Supervisor (2021-2022)  
**Distinctions:** Women and Children's Health Research Institute Postdoctoral Fellowship (2021-2023)
- 2) Jessica Logan, MSc (University of Alberta, Faculty of Kinesiology, Sport and Recreation. Supervisor (2021-2023)  
**Distinctions:** Canada Graduate Scholarship – Master's (CIHR) (2022-2023)  
 University of Alberta Walter H John Graduate Fellowship (2022-2023)  
 Alberta Graduate Excellence Scholarship (2021-2022)  
 Kinesiology, Sport and Recreation Entrance Scholarship (2021)  
 University of Alberta Graduate Recruitment Scholarship (2021)

- 3) Reid McClure, MSc (University of Alberta, Faculty of Kinesiology, Sport and Recreation. Supervisor (2021-2023)
- 4) Heather Scherer, MSc (University of Alberta, Faculty of Kinesiology, Sport and Recreation). Co-supervisor (2017-2020)

#### **c) Graduate Student Supervision/Committees**

- 1) Athan Dial, PhD (McMaster University, Hamilton Canada). These defense committee, external examiner (2021)
- 2) Nadine Taleb, PhD (Université de Montreal, Montreal, Canada). Thesis defense committee, external examiner (2021)
- 3) Guy Taylor, PhD (Newcastle University, UK). Thesis defense committee, external examiner (2020)
- 4) Elodie L’Espagnol, PhD (Université de Lille, France). Thesis defense committee, external examiner (2020)
- 5) Vinutha Shetty, PhD (University of Western Australia, School of Sport Science, Exercise and Health, Perth, Australia). Thesis defense committee, external examiner (2019)
- 6) Matthew Munan, MSc (University of Alberta, Faculty of Kinesiology, Sport and Recreation, Edmonton, Canada). Supervisory committee member (2018-2019)
- 7) Dessi Zaharieva, PhD (York University, School of Kinesiology, Toronto, Canada). Thesis defense committee, external examiner (2018)
- 8) Alex Buoite Stella, PhD (University of Udine, Italy). Thesis content advisor. (2016-2018)
- 9) Matthew MacDonald, PhD (University of Western Ontario, School of Kinesiology, London, Canada). Thesis defense committee, external examiner (2016)
- 10) Jordan Rees, MSc (University of Alberta, Faculty of Physical Education and Recreation, Edmonton, Canada). Supervisory committee member (2016-17)
- 11) Andrea MacIntosh, MSc (University of Manitoba, Department of Pediatrics and Child Health, Winnipeg, Canada). Thesis content advisor (2014-2016)
- 12) Meaghan Rempel, MSc (University of Manitoba, Department of Pediatrics and Child Health, Winnipeg, Canada). Thesis content advisor (2014-2016)
- 13) Morgan Potter, MSc (University of Alberta, Department of Physical Education and Recreation, Edmonton, Canada). Arm’s length committee member (2016)
- 14) Lisa Jasper, PhD Candidate (University of Alberta, Departments of Physical Therapy and Surgery, Edmonton, Canada). Candidacy examination committee member (2016)

## RESEARCH FUNDING

EXTERNAL FUNDING SUMMARY				
RESEARCH GRANTS				
Agency	Role	Title	Funding period	Amount
<b>Currently held</b>				
Diabetes Canada Project Grant	Principal Investigator: Remi Rabasa-Lhoret Co-Investigators: Jane Yardley, Anne-Sophie Brazeau, Monia Rekik	Automated Insulin Delivery and Hypoglycemia: the AIDE program	January 2022 – December 2024	\$300,000
Women's and Children's Health Research Institute Innovation Grant	Principal Investigator: Jane Yardley Collaborators: Jeff Bakal, Anna Lam	Effects of the Menstrual Cycle on Acute Responses to Aerobic Exercise in Women with Type 1 Diabetes	October 2021 – September 2023	\$60,000
Women's and Children's Health Research Institute Bridge Funding	Principal Investigator: Jane Yardley Co-Investigators: Ronald Sigal, Anna Lam, Maryna Yaskina	Acute glycemic effects of aerobic and resistance exercise in post-menopausal women with type 1 diabetes	January 2022 to December 2022	\$23,000
Alberta Diabetes Institute	Principal Investigator: Jane Yardley Co-investigator: Anna Lam	Acute effects of resistance exercise intensity on blood glucose levels in post-menopausal women with type 1 diabetes	March 2021 – February 2022	\$25,000
Heart & Stroke Foundation of Canada New Investigator Award	Principal Investigator: Jane Yardley	Sex, Sweat and Stability: Examining Sex-Related Differences in Blood Glucose Responses to Exercise in Type 1 Diabetes	July 1, 2019 to June 30, 2023	\$180,000
Canadian Institutes of Health Research	Principal Investigator: Jane Yardley	Effect of the menstrual cycle on blood glucose changes during exercise in women with type 1 diabetes	September 1, 2018 to March 30, 2023	\$43,333
Dexcom External Studies Program	Principal Investigator: Jane Yardley	Repeatability of blood glucose responses to resistance exercise in type 1 diabetes	September 1, 2018 to August 30, 2021	\$25,000 (in kind)
Abbot Canada (Glucerna)	Principal Investigator: Jane Yardley	Morning (fasting) versus afternoon high intensity interval exercise in type 1 diabetes	July 1, 2018 to December 1, 2021.	\$1000 (in kind)
<b>Previously held</b>				
Alberta Diabetes Institute	Principal Investigator: Jane Yardley Co-Investigators: Normand Boule, Carla Prado	Electrolyte Balance during Exercise in Type 1 Diabetes	January 2018 to December 2019	\$30,000
Medtronic External Research Program	Principal Investigators: Norm Boule, Jonathan Little Co-Investigators: Jane Yardley, Michael Riddell, Jonathan McGavock, Ronald Sigal	The Canadian E-ParaDiGM (Exercise-Physical Activity and Diabetes Glucose Monitoring) Protocol	June 2016 to June 2018	\$4200 plus Continuous Glucose Monitoring equipment
Alberta Diabetes Institute	Principal Investigator: Jane Yardley Co-investigators: Normand Boule, Peter Senior, Richard Oram	The Acute Effects of Exercise in Islet Cell Transplant Recipients	October 2015 to July 2017	\$30,000
Johnson and Johnson Education Fund	Principal Investigator: Jane Yardley	T1D Bootcamp 360	July 2016 to June 2017	\$25,000 (in kind)



	Co-Investigators: Peter Senior, Rose Yeung				
Ascensia Diabetes Canada	Principal Investigator: Jane Yardley Co-Investigators: Peter Senior, Rose Yeung	T1D Bootcamp 360	July 2016 to June 2017		\$3,500 (in kind)
Alberta Diabetes Institute	Principal Investigator: Jane Yardley Co-Investigators: Peter Senior, Rose Yeung	T1D Bootcamp 360	July 2016 to June 2017		\$30,000
Swansea University Research Grant Enabler (SURGE)	Principal Investigators: Jane Yardley & Richard Bracken	Type 1 Diabetes and Exercise	February 2016 to July 2016		£5,000
Canadian Institutes of Health Research Planning and Dissemination Grant	Principal Investigator: Normand Boule Co-Investigators: Jane Yardley, Jonathan Little, Michael Riddell, Jonathan McGavock, Ronald Sigal	The Canadian E-PaDiGM (Exercise-Physical Activity and Diabetes Glucose Monitoring) Protocol	May 2015 to December 2015		\$19,250
The Lawson Foundation	Principal Investigator: Jonathan McGavock Co-Investigators: Jane Yardley, Seth Marks, Brandy Wicklow, Lori Berard	VIGOR - Vigorous Exercise for Glycemic Control in Type 1 Diabetes	May 2013 to May 2015		\$200,000

#### INTERNAL FUNDING SUMMARY

	Role	Title	Funding period	Amount
<b>Currently held</b>				
Office of the Vice President of Research and Innovation	Principal Investigator: Jane Yardley Co-Investigators: Ronald Sigal, Anna Lam, Maryna Yaskina	Acute glycemic effects of aerobic and resistance exercise in post-menopausal women with type 1 diabetes	January 2022 to December 2022	\$5,000
Office of the Vice President of Research and Innovation, Pilot Seed Grant Program	Principal Investigators: Jane Yardley, Andrew Pepper	Exercise and efficacy: The role of pre- and post-surgical exercise to augment islet graft function in a rodent model of type 1 diabetes	July 1, 2020 to June 30, 2021	\$20,000
<b>Previously held</b>				
Augustana Faculty Research Committee Course Release Award	Principal Investigator: Jane Yardley	T1D Boot Camp 360	January 9 to April 14, 2017	\$7200
Augustana Faculty Research Grant	Principal Investigator: Jane Yardley	Effect of Time of Day on Blood Glucose Responses to High Intensity Interval Exercise	July 2017 to March 2018	\$1800
Augustana Faculty Research Grant	Principal Investigator: Jane Yardley	T1D Boot Camp 360	May to September 2016	\$1700
Augustana Faculty Research Grant	Principal Investigator: Jane Yardley	Exercise in Islet Transplant Recipients	January to April, 2016	\$1500
Teaching and Learning Enhancement Fund	N/A	Attendance at the International Diabetes Federation Conference for the purpose of including more on the Social Determinants of Health in courses currently taught	December 2015	\$2800
Augustana Faculty Research Grant	Principal Investigator: Jane Yardley	Resistance Exercise in Type 1 Diabetes	May 2015 to September 2015	\$2000
Augustana Faculty Research Grant	Principal Investigator: Jane Yardley	Effects of Exercise on Islet Transplant Recipients	September 2015 to December 2015	\$1500

## SCHOLARLY & PROFESSIONAL ACTIVITIES

### a) External Activities

2022	Member, Diabetes Action Canada
2022	Associate Editor, <i>Canadian Journal of Diabetes</i>
2022	Women and Children's Health Research Institute, Postdoctoral Fellowship Grant Review Committee, Scientific Officer
2021-2022	Women and Children's Health Research Institute Summer Studentship Program application reviewer
2019-2022	ADA Scientific Sessions Exercise Subcommittee, abstract reviewer
2019-2022	Diabetes Canada/CSEM Professional Conference Organizing Committee, abstract reviewer
2017, 2018 2022	Alberta Innovates Health Solutions Summer Studentship Program application reviewer
2019-2022	Member, Women's & Children's Health Research Institute
2014-2022	Member, Diabetes Canada
2015-2022	Member, American Diabetes Association
2017-2022	National Consultant Editor, <i>Canadian Journal of Diabetes</i>
2017-2022	Member, Diabetes Canada, Edmonton Diabetes Professional Section
2014-2022	Member, Alberta Diabetes Institute
2016-2018 2021-2022	Session Chair, Alberta Diabetes Institute Research Day
2020, 2022	Heart and Stroke Foundation of Canada Grant-in-Aid operating grant program Budget Review Committee member
2021	Women and Children's Health Research Institute, Innovation Grant Review Committee, Scientific Officer
2021	Session Chair, Diabetes Canada / CSEM Professional Conference Oral Abstracts (Type 1 Diabetes)

2021	Session Chair, American Diabetes Association Scientific Sessions. Symposium entitled: Aiming for balance – type 1 diabetes and exercise management perfected
2020	Session Chair, Diabetes Canada/CSEM Professional Conference Symposium: “Lifestyle and T2D Prevention”
2019-2020	Editor, Theme Edition <i>Canadian Journal of Diabetes</i> (Physical activity and Exercise)
2015, 2020	Thrasher Research Foundation, grant application peer review
2018-2019, 2022	Canadian Institutes of Health Research, Institute of Nutrition, Metabolism and Diabetes. Planning and Dissemination Grant peer reviewer (summer and fall submissions).
2017-2019	Heart and Stroke Foundation of Canada Grant-in-Aid operating grant program Scientific Review Committee member
2019	National Sciences and Engineering Research Council Discovery Grant peer reviewer (biological systems and functions).
2012-2021	Manuscript reviewer for:  <i>Applied Physiology, Nutrition and Metabolism; Biomedical Signal Processing and Control; Canadian Journal of Diabetes; Diabetes Care; Diabetes, Obesity and Metabolism; Diabetes / Metabolism Research and Reviews; Diabetes Research and Clinical Practice; Diabetes Spectrum; Diabetes Technology and Therapeutics; Diabetic Medicine; Frontiers in Endocrinology; Journal of Applied Physiology; Journal of Clinical Endocrinology and Metabolism; Journal of Clinical Medicine; Journal of Diabetes Research; Journal of Sports Sciences; The Lancet (Diabetes &amp; Endocrinology); Medicina, Medicine and Science in Sports and Exercise; PLOS ONE; Nutrients, Scandinavian Journal of Medicine and Science in Sports; Sensors; Sports Medicine</i>
2011, 14, 17	Diabetes UK, grant application peer review

## b) Internal Activities

2019-2021	Augustana Faculty representative for Faculté St. Jean faculty council meetings
2018-2021	Augustana Research Committee member
2015-2021	Reviewer – University of Alberta Research Ethics Board (REB2)
2019-2020	Athletics and Recreation Review Committee member
2017-2019	Augustana "Faculty Follies" Planning Committee member
2017-2019	Augustana Community Service Learning Committee member



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2014-2019	Augustana Writing Centre Steering Committee member
2014-2017	Augustana Triathlon Club Faculty Advisor and Cycling Coach
2014-2016	Augustana Faculty Science Fair Steering Committee member
2014-2016	Chair - Augustana Faculty Annual Theme Committee

### **c) Community Activities**

2021	Diabetes Canada, "Lace up for Diabetes" Fundraising
2009-2022	Certified Indoor Cycling Instructor (Spinning)
2002-2021	Certified Level 2 Volleyball Official (Volleyball Canada)
2020	Parkinson's Revolution Fundraiser, Camrose site coordinator, spin instructor
2011-2018	Certified Personal Trainer (CanFitPro)
2015	National Coaching Certification Program "Let's Ride" and "Basic Cycling Skills" training
2008-2012	Team Diabetes Volunteer (Canadian Diabetes Association)

### **COURSE INSTRUCTION**

KIN434 – Physical Activity and Chronic Disease Management (University of Alberta, Faculty of Kinesiology, Sport and Recreation). Delivered two guest lectures on type 1 diabetes and exercise (2021, 2022)

AUPED 497 – Directed Readings in Physical Education (University of Alberta, Augustana Faculty, 2015-2021)

AUPED 493 – Introduction to Research Methods in Physical Education (University of Alberta, Augustana Faculty, 2016).

AUPED 473 - Advanced Research Methods in Exercise Science (University of Alberta, Augustana Faculty, 2019)

AUPED356 – China Tour: Expansion, Development and Change (University of Alberta, Augustana Faculty – accompanied group to China as an adjunct instructor)

AUPED 344 – Introduction to Human Nutrition (University of Alberta, Augustana Faculty, 2015-2019).

AUPED 317 - Exercise in Special Populations (University of Alberta, Augustana Campus, 2015-2018)



AUBIO 315 – Advanced Biological Analysis (University of Alberta, Augustana Campus). Guest lecture on health-related data and research ethics.

AUPED 216 - Introduction to Human Physiology II (University of Alberta, Augustana Campus, 2014-2019)

AUPED 215 - Introduction to Human Physiology I (University of Alberta, Augustana Campus, 2014-19)

AUPED 112 - Introduction to Human Anatomy (University of Alberta, Augustana Campus, 2014-2019)

APA 2301 - Introduction to Exercise Physiology (co-taught with Dr. Glen Kenny at the University of Ottawa, 2009)