



**Jane Yardley, PhD**, is the Physical Activity and Diabetes Research Unit Director at IRCM. Her early work focused on blood glucose responses to resistance exercise, and how fasting affects these responses in individuals with type 1 diabetes. Her recent work focuses on sex and gender-related differences in exercise behaviours and blood glucose responses to exercise in this population, with emphasis on menses and menopause. Her work is cited by Diabetes Canada, Diabetes UK, and the American Diabetes Association exercise guidelines. She is a co-author of the 2016 American Diabetes Association Consensus Statement on Exercise and Physical Activity in diabetes.