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Abstract

In the modern society there has been such a focus placed on exercise and type 2 diabetes, but the same focus is not placed on the connection between type 1 diabetes and exercise. The risk of cardiovascular disease with type 1 diabetes has also been brushed to the side in favor of discussing other heart disease risk factors. The culmination of research in the topics of diabetes, heart disease, and exercise have been combined into one research paper to portray the interwoven connection between the three more accurately.

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