

PREDIABETES WEIGHT MANAGEMENT PROGRAM



The MCPS Employee Wellness Program in partnership with Florida Blue and the Frank Deluca YMCA are pleased to offer a FREE program for prediabetes!

Family History of Diabetes?

Sedentary Lifestyle?

Weight Issues?

If you said **YES** to any of those questions, you might be at risk for diabetes. The National Diabetes Prevention Program provides the tools and support needed to make healthy lifestyle changes. With group support and training from a Lifestyle Coach, participants can lose weight, boost their energy, reduce their risk for diabetes, and feel better!

Lifestyle Coaching

Participants will meet with a lifestyle coach in a small group setting for one hour/week for 16 weeks.

*Fitness Membership**

During the program, participants can register for a half-priced YMCA membership. Upon successful completion of the program, participants will get a month FREE!

* Membership at the YMCA is not a requirement.

Follow-up and Support

After the initial program, participants will meet with their lifestyle coach on a monthly basis.

Incentives

Participants will get a variety of incentives to help encourage them on their quest for a healthier lifestyle.



To see if you qualify, please call (407) 644-3606.

* Ask for the Diabetes Prevention Program at ext. 255!

A Brighter Future

Carla Brown (Site Manager - Extended Day) was used to taking care of everyone else! In fact, much of Carla's free time was spent helping her family members cope with diabetes and other chronic diseases. And, although Carla had seen the struggle of others trying to manage diabetes, her unhealthy habits were leading her down the same path to poor health. Over the past three years, **poor** nutritional choices, limited physical activity, and stress led Carla to gain almost 70 pounds! She knew that if she didn't make some changes soon, diabetes was in her future.

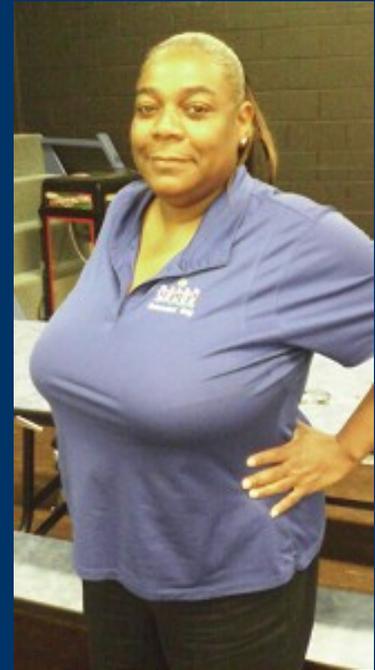
Last February, Carla enrolled in the *Prediabetes Weight Management Program* (see page 3). After the first meeting, she knew it was exactly what she needed to turn things around for the better. During the 16 week program, Carla learned how to choose nutritious foods to get her through long, hectic days. The program also encouraged Carla to become more physically active each day. By taking small steps and slowly increasing the amount of time she spent moving, Carla went from being a couch

potato to walking every day! The daily walks gave Carla the time she needed to de-stress and have some much needed "me time"!

Since February, Carla has lost a whopping 46 pounds, dropped three sizes, and feels like her life has been restored! She continues to meet with her lifestyle coach for additional support and encouragement and is embracing her future free of diabetes.



Before



After