



**Marion County  
Public Schools**

*Where Every Child Can Learn*

# WELLNESS 101

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## **PREDIABETES WEIGHT MANAGEMENT PROGRAM**

*The MCPS Employee Wellness Program in partnership with Florida Blue and the Frank DeLuca YMCA are pleased to offer a new program for prediabetes.*

*Do you lead a sedentary lifestyle?*

*Do you struggle to keep your weight in a healthy range?*

*Do you have a parent or sibling with diabetes?*

**If so, you might be at risk for developing Type 2 Diabetes.**

**The National Diabetes Prevention Program provides participants with the tools and support needed to make significant, healthy lifestyle changes. With training and education from a professional Lifestyle Coach and group support, participants can reduce their risk of developing diabetes!**

Check out Cynthia's story on page 2!

### **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!

\* You are not required to become a member of the YMCA

### **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 to be successful in their quest for a healthier lifestyle.

**To see if you qualify, please call (855) 237-4106\*\*.  
(9am – 9pm EST)**

\*\* Cannot be called from MCPS phones

## ~ Success Story ~



Cynthia Wyman (MCPS Transportation) never got rid of her baby weight after the birth of her youngest child two years ago. As a mother of four, taking care of herself was generally the last thing on her mind. Limited physical activity and binging on soda and sweets led Cynthia's blood sugar to creep up to a prediabetic level!

Last December, Cynthia vowed to her bus aid that after break, she was going to turn things around. Fortunately, when Cynthia returned to school in January, she found out about a free program offered by the MCPS Employee Wellness Program through Florida Blue and the YMCA. *The Prediabetes Weight Management Program* was just what she needed to help her along the path to a healthier lifestyle. Cynthia started attending weekly health coaching sessions, tracking her food choices, and exercising regularly. Because of her busy schedule, she also started making healthy meals in her crock-pot so she would have time to go to the gym.

During the 16-week program, Cynthia lost a whopping 30 pounds! Since then, she has dropped another 10 pounds for a total of 40 pounds since January. She continues to do Zumba, Crossfit, Spinning, and Pyloxing weekly. In addition to the support of the program, Cynthia and some of her "sisters" have created a private facebook page called *Sisters on a Fit Mission* for encouragement!

In October, Cynthia was given the LifeStyle Change Award by the AHA!