



MY HEALTHY TURNAROUND[®]

The City of Ocala in partnership with Florida Blue and the YMCA is pleased to offer a FREE program for prediabetes!*

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, you can lose weight, boost your energy, reduce your risk for diabetes, and improve your health for life!

Lifestyle Coaching

Participants will meet with a lifestyle coach in a small group setting for one hour/week for 16 weeks to discuss nutrition, physical activity, and healthy lifestyle changes.

Follow-Up and Support

Following the initial weekly sessions, participants will meet monthly for motivation and encouragement.

**You must be a Florida Blue member to participate in this program at no cost. See page 4 for other requirements.*

To see register, contact the Diabetes Prevention Program office

(407) 644-3606 ext. 255

Classes offered on Tuesday evenings at 6:15 starting the week of June 7th. Classes held at the YMCA.

~ Success Story ~



BEFORE



AFTER

Karen Edsall (HR/Payroll Manager at Jenkins Auto Group) spent most of her childhood overweight and very inactive. It was not until high school that she decided it was time to make a change to her eating habits and lost a substantial amount of weight. Up until about 10 years ago, Karen had been able to maintain a healthy weight when a change in medication caused the pounds to quickly pile on.

Fortunately for Karen, Florida Blue (in partnership with the local YMCA) was offering a free Lifestyle Change program focused on preventing diabetes. Karen had a family history of diabetes and knew if she didn't start making some changes to her daily routine, she was headed down the path to poor health too. Throughout the 16 week program, Karen gained a new perspective on watching food labels and dining out. She quickly learned that many of her old habits were not going to fit with her new lifestyle! Karen's Lifestyle Coach encouraged her to track fat grams and "get up off the couch" and start walking...something Karen had not focused on back in high school. Currently, Karen walks 4-5 times/week and has also incorporated weight training into her routine on 3 days/week. Since starting the program in February, Karen has dropped two pant sizes and is now in the healthy weight range for her height. More importantly though, Karen is more energized and feels better! Karen continues to work with her Lifestyle Coach to stay on track and remain committed to the changes she has made!

WAY TO GO KAREN!



Program Partners



Made possible with funding through the Centers for Disease Control and Prevention.

~ Success Story ~



Cynthia Wyman (Marion County Public Schools) never got rid of her baby weight after the birth of her youngest child . 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!

In December of 2013, 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 Lifestyle Change program offered by her employer through Florida Blue and the YMCA. *My Healthy Turnaround* 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 crockpot so she would have time to go to the gym.



During the 16-week program, Cynthia lost a whopping 30 pounds! During the months to follow, she dropped another 10 pounds for a total of 40 pounds. 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 additional encouragement!

KEEP UP THE GOOD WORK!



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DO YOU QUALIFY?

Diagnosed with prediabetes via one of the three blood tests or a previous diagnosis of gestational diabetes.*

OR

*If you do not have a blood test result, you must have a qualifying risk score**. See below for risk quiz.*

Criteria	Yes	No
Have you ever given birth to a baby weighing > 9 pounds?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Is your Body Mass Index (BMI) > 25	5	0
Are you younger than 65 and get little or no physical activity in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0

TOTAL POINTS FOR ALL "YES" RESPONSES

* A1c - 5.7%-6.4% or Fasting Plasma Glucose - 100-125 mg/dl or 2 hour Plasma Glucose - 140-199 mg/dl

** If you scored 9 or higher, you might be at risk for Type 2 Diabetes, and may qualify for the program. This does not mean you have diabetes. You will need a blood test to confirm a diagnosis of diabetes.