

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.

Summer Classes

Date - Classes begin June 7th

Time - 6:15 - 7:15 PM

Location - Marion County YMCA

MCPS WELLNESS

FREE

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

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

Here's Your Sign

For over 40 years, Cynthia Galatro (Bellevue-Santos Elementary) has struggled with chronic back pain. In the beginning, she was able to manage the pain and maintained a regular exercise routine and ate a healthy diet. Unfortunately as the years passed, her condition continued to worsen until she was left bed-ridden for 7 months. Over the 20 years that followed, Cynthia became less active and gained 72 pounds. The weight gain led to more back pain, knee pain, and several chronic conditions. Her self-esteem was at an all-time low.

Fortunately, just before the 2015-2016 school year began, Cynthia saw information about the Prediabetes Weight Management program offered as part of the MCPS Employee Wellness Program. And just like the comedian Jeff Foxworthy says....."Here's Your Sign", Cynthia knew this was *her* sign.

Cynthia and several of her coworkers registered for the program and began meeting with their lifestyle coach each week. During the 16 weeks, she learned how to create a meal plan and enjoyed sharing creative snack ideas with her fellow classmates. Cynthia also fell back in love with exercise! Long gone are the days of heading to the couch after work. Now she exercises 4 days/week and goes for a walk daily. But most importantly, the program provided Cynthia a much-needed stress reliever. Attending weekly "happy hour" (her nickname for the class) gave her the outlet she had been searching for.

Although Cynthia refers to this as her "on my way to my success story", she is pleased with her progress and has no intentions of going back now! Since September, she has dropped two sizes, is almost completely off all of her medication, and is well on her way to living the life she had always believed possible.



Before



After