



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA DIABETES MOVE WELL TODAY PROGRAM

YMCA OF EAST TENNESSEE
September, 2018



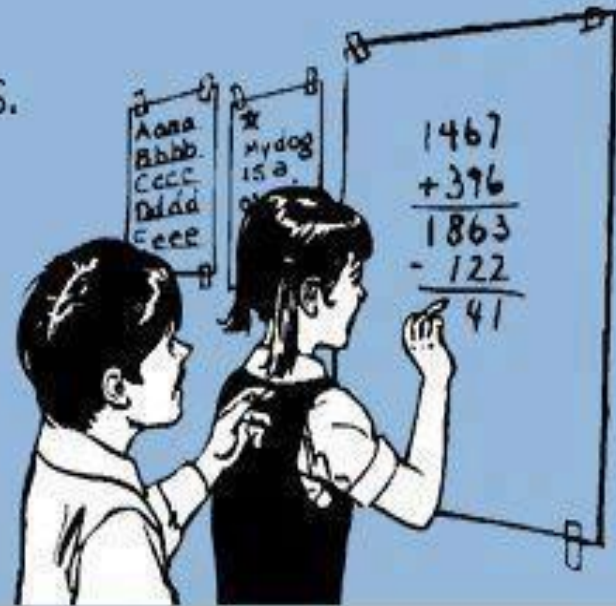
IS IT FUNNY?

Billy has 32 candy bars. He eats 28.
What does he have now?

Diabetes.

Billy has diabetes.

som^{ee}cards
user card



NOT NECESSARILY TRUE

It's gluten-free, sugar-free, dairy-free, soy-free, egg-free, & fat free. They call it "water" and you can buy it at Whole Foods apparently.



your  cards
someecards.com

REALITY OF OUR SITUATION



HERES THE LATEST UPDATE FROM THE NATIONAL DIABETES STATISTICS REPORT 2017

The report documents the “state of the disease” in our nation:

- 30.3 million Americans-close to 1 in 10-have diabetes
- 84.1 million American adults-approximately 1 in 3-have prediabetes
- Over half of new diagnosed diabetes cases were adults 45-64 years
- Rate of new diagnosed diabetes of type 1 and type 2 have increased among US youth
- 16% of adults diagnosed with diabetes were smokers, nearly 90% were overweight, and more than 40% were physically active
- ***CONCLUSION? We need to redouble our efforts in controlling and managing diabetes and preventing type 2. In addressing diabetes we are also addressing and preventing many other significant health problems!***

TYPE 2 DIABETES IS MANAGEABLE!



GOALS OF THE MOVE WELL TODAY PROGRAM

- Teach participants to manage their type 2 Diabetes by emphasizing a healthy eating vs diet and increase their exercise over at least 5 days of the week
- Focus on lowering their A1C and Blood Glucose levels
- Gain support from others enrolled in the program by using the small group approach to motivation

WHAT IS THE BEST EXERCISE TYPE?



The one you will
do!

MOVE WELL TODAY DIABETES MANAGEMENT PROGRAM

MOVE WELL TODAY is a 12-week fitness intervention program designed to help participants manage their diabetes and track changes in HbA1c levels and tested fitness parameters.

TO QUALIFY participants will need a note from their physician releasing them to exercise and a copy of their HbA1c results taken within 3 months prior to starting the program.

SELF-MONITORING – KEY TO SUCCESS



Participants are instructed to self-monitor physical activity and their food intake.

In addition, we encourage participants to check blood glucose levels before and after exercise sessions

FORMAT OF THE 12 SESSIONS

An INDIVIDUALIZED EXERCISE PRESCRIPTION will be established for resistance training and cardio exercise stations.

Each MWT CIRCUIT CLASS will include: a warm-up, 3 cardio conditioning stations, 3 strength training stations, group core conditioning, flexibility training, and cool-down.

A CERTIFIED INSTRUCTOR will provide group instruction, supervision, and motivation

OTHER YMCA CHRONIC DISEASE PROGRAMS

- LIVESTRONG at the Y
- WEIGHT LOSS AT THE Y
- PEDALING FOR PARKINSONS
- HYDRORIDER FOR PARKINSONS
- ROCK STEADY





THANK YOU

**Vickey Beard
YMCA OF EAST TENNESSEE
865-406-7328
vbeard@ymcaknoxville.org**