

YOU CAN TAKE CONTROL

YMCA's DIABETES PREVENTION PROGRAM

Now Offered To All Employees!

Reduce your risk for type 2 diabetes with the YMCA's Diabetes Prevention Program

Over the course of 16 weekly one-hour sessions, a trained lifestyle coach will help you learn about healthy eating, getting started with physical activity, overcoming stress, staying motivated and other behavior changes, all in a comfortable classroom setting.

The YMCA's Diabetes Prevention Program is based on research funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with prediabetes can prevent or delay the onset of type 2 diabetes by 58%.

PROGRAM GOALS

- Reduce body weight by 7%
- Increase physical activity to 150 min/wk

For more information or sign-up :
Call the Associate Wellness Dietician at
347.498.2424
or email: wellnessRD@montefiore.org

