



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVE WELL TODAY

Diabetes Exercise Program



MoveWell
TODAY
Diabetes Exercise Program

WHO CAN JOIN:

Individuals diagnosed as pre-diabetic or with Type 2 diabetes referred to the program by their healthcare professionals.

WHAT DOES IT INCLUDE:

A 12-week Cardio & Strength Training Exercise Circuit designed as a self-management tool for diabetes
2 DEP circuit classes and 1 independent exercise session weekly (3 exercise sessions total/week)

Tracking of blood glucose levels, exercise intensity and duration daily; HbA1c levels pre and post program.

WHERE AND WHEN DO WE MEET:

Schedule: Monday and Wednesday

Time: 1:45-3:00 pm

Dates: November 4, 2019 – January 30, 2020
(no classes 12/25/19 or 1/1/20)

*Participants must be able to attend 20 of the 24 classes with no more than 2 consecutive sessions missed.

Program location: Westport Weston Family YMCA
Wellness Center and Studio C

WHAT DOES IT COST:

\$199 members \$269 non-members
payable by cash, check, or credit card

HOW DO I JOIN:

Participants may self-refer or enter DEP through a healthcare provider referral.

You must have a medical clearance to exercise and a lab order for an HBA1c Lab Test at the time of class start or no more than 30 days prior to class start.

WESTPORT WESTON FAMILY YMCA

14 Allen Raymond Lane, Westport, CT 06880
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Questions:

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