



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Registration Form:

Return registration form with physician's signature to the YMCA by Friday February 1, 2019.

Name _____

Address _____

City _____

State ____ Zip ____ Age ____

Phone _____

Email _____

SPRING 2019 SESSION

Mondays at 6:00PM (Petal)
Tuesday 10:30AM (Hattiesburg)
Thursday 10:30AM (Hattiesburg)
Beginning February 4, 2019

Referring Physician


Signature

Exercise Restriction (s)


**The YMCA of
Southeast MS
Presents**

**Group Lifestyle
Balance Program**

The Family YMCA, Hattiesburg MS
Petal Family YMCA, Petal MS



Developed by the University of Pittsburgh
Diabetes Prevention Support Center



If you have been diagnosed with Pre-Diabetes or Metabolic Syndrome the Y is here to help!

This six month program is designed to help *you* take charge in preventing diabetes by developing a plan for healthy eating and exercise. With our help, you will feel confident, connected, and secure in your ability to overcome obstacles in losing weight.

Classes meet once a week for 12 weeks, then tapers to twice monthly allowing you to complete the program in 6 months. Your new healthy lifestyle can last a lifetime!

Your Lifestyle Coaches are:

LaDarius Felder, BS, Exercise Science
Director of Health and Wellness
The Family Y

Chrys Holmes, BS, Exercise Science
The Family Y

Catherine Brown, BS, Exercise Science
Director of Health and Wellness
AASDN Nutrition Specialist
Petal Family Y





Focus of the Group Lifestyle Balance Program

“Lifestyle Balance” focuses on helping you find a healthy balance between two important areas of your life:

1. What you eat.
2. How physically active you are.

Your Lifestyle Balance goals will be to:

1. Lose weight through healthy eating
2. Be more physically active



An important study has shown that making these lifestyle changes and maintaining them over time can prevent diabetes in people like you who are at risk.

Participant Testimonial

“One thing I realized through this program is if I want to be in good health the rest of my life, then I just make it happen by making good choices in my lifestyle, eating and exercising. Today I feel so much better mentally and physically, and I am grateful for this program and the support throughout it. I am in it for the rest of my life because I am in it ‘for life,’



The Diabetes Prevention Study A Great Success!

3000 volunteers were followed for about 3 years in this amazing study. Results showed that losing 10 to 15 pounds and becoming moderately active for a minimum of 150 minutes (2 ½ hours) per week cut the risk of Type 2 diabetes by 58% (more than half!). For those over 60, it cut the risk by 71% (almost three-quarters!).

The DPP also showed that losing weight and being active can reduce the risk of what’s called the “metabolic syndrome”. Someone with the metabolic syndrome has three or more of the following:

- Fat stored largely in the belly
- High triglycerides
- Low HDL cholesterol
- High blood pressure
- High fasting glucose

One out of every four American adults has the metabolic syndrome which increases the risk of heart attack, stroke, diabetes, and kidney problems.

The DPP lifestyle program reduced the risk of the metabolic syndrome by 41%. visit ymca.net/diabetes-prevention.



YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The Family YMCA
3719 Veterans Memorial Drive
Hattiesburg, MS 39401
601-583-4000

Petal Family YMCA
547 Hillcrest Loop
Petal, MS 39465
601-583-9399

www.ymcasems.org

YMCA programs are made available through funding from United Way of Southeast Mississippi, the YMCA Campaign for Youth and Families, along with friends of the YMCA.

