



STEVENS POINT AREA YMCA'S CHRONIC DISEASE PROGRAM SUMMARY

	YUSA'S DIABETES PREVENTION PROGRAM	DIABETES MANAGEMENT PROGRAM	LIVESTRONG® AT THE YMCA PROGRAM
COST	\$ 175 for members \$225 for nonmembers with scholarships available \$429 (national pricing)	\$ 125 for members \$ 175 for nonmembers with scholarships available	FREE to anyone who has been diagnosed with cancer
LENGTH	One Year- 16 weekly hour-long classroom sessions followed by monthly sessions for the rest of the year	12 weeks, 2x/week, 1.25 hour sessions	12 weeks, 2x/week, 1.25 hour sessions
GROUP SIZE	8-15 people	2-4 people	4-12 people
INSTRUCTOR	YUSA-Trained Lifestyle Coach	Certified Personal Trainer	YUSA Certified LIVESTRONG Instructor
GOALS	Lost 7% of body weight and increase activity to 150 minutes/week by making small changes that will last a lifetime. Record all food and drink and take part in weekly weigh-ins for first 16 weeks.	Increase insulin sensitivity, manage and delay chronic complications of diabetes, decrease blood glucose levels, increase energy and quality of life in participants, encourage self-efficacy in diabetic individuals, and develop and ongoing fitness plan to continue practicing a healthy lifestyle.	Improve energy levels and self-esteem, build muscle mass and strength, increase flexibility and endurance, improve ability to do everyday tasks, develop and ongoing fitness plan to continue practicing a healthy lifestyle.
LOCATION	St. Michael's Hospital	Stevens Point Area YMCA	Stevens Point Area YMCA

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