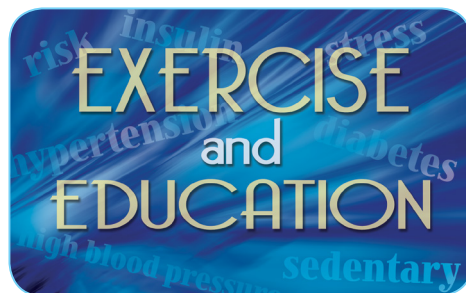




MED-EX Lifestyle
Management Program
DM/HTN

30-Day Program Includes:

- (4) Week Gym Membership
- (2) Fitness Assessments
- (6) 75-Minute Sessions
Each Session Includes:
 - 30-Minute educational presentation
 - 45-Minute group exercise
- Workshop Manual
- Personalized, independent exercise program
- **Investment = \$360**



Located in
Folsom Wellness &
Sports Conditioning Center
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Folsom, CA 95630

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Group
D Diabetes
H Hypertension
Exercise Program



Education + Exercise = Results



Dave Greene
NASM • CPT • PES • CES • WMS

Education

The MED-EX Lifestyle Management Program, Diabetes Mellitus (DM)/ Hypertension (HTN), is a safe and effective, group exercise and educational program. Each session consists of a 30 minute power point presentation followed by a 45 minute, DM / HTN specific, exercise routine.

Prior to beginning the program, each participant must have a medical clearance from their physician and come-in for a fitness assessment.



Educational Objectives

- Understand how exercise impacts DM/HTN.
- Understand DM/HTN in greater detail and how each is measured and diagnosed.
- Understand long-term effects of DM/HTN.
- Understand medical management of DM/HTN.
- Understand long-term goals for DM/HTN.

Diabetes

Nearly 30 million (1 out of 11) Americans have diabetes. 1 out of 4 don't know they have diabetes. 86 million are pre-diabetic, 9 out of 10 don't know it. Risks include blindness, kidney failure, heart disease, stroke and amputations.

Studies show that, in addition to a healthy diet and routine medical care, 30-60 minutes of regularly scheduled, moderate exercise can help control and lower the risk of complications from diabetes.



Exercise Objectives

- Maintain safe blood glucose levels.
- Develop safe and effective independent exercise program.
- Help manage blood glucose levels with exercise.
- Increase strength and cardiorespiratory capacity.
- Maintain or lose weight.

Hypertension

Nearly 78 million (1 out of 3) Americans have hypertension. 81.5% are aware they have it, 74.9% under treatment, 52.5% have it controlled, 47.5% do not have it controlled. Risks include stroke, heart attacks and cardiac disease.

Studies show that, in addition to a healthy diet and routine medical care, 30-60 minutes of regularly scheduled, moderate exercise can help control and lower the risk of complications from hypertension.



Exercise Objectives

- Maintain safe blood pressure levels.
- Develop safe and effective independent exercise program.
- Help manage blood pressure with exercise.
- Increase strength and cardiorespiratory capacity.
- Maintain or lose weight.