



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Diabetes & Pre-diabetes Exercise Program

A 12 week evidence-based fitness intervention designed to help you manage your diabetes and track changes in your glucose levels and fitness parameters.

Features of this program are:

- Group Support & Education
- Individualized Circuit Workouts
- Certified Personal Trainers Providing Group Instruction & Supervision
- Glucose Monitoring
- Full Facility Access

QUESTIONS?

For start dates at various branches or additional information, call 423.877.3517 or contact **Megan Vermeer** at mvermeer@ymcachattanooga.org



**Begins April 26, 2022
@ 1 p.m. Tues/Thurs**

YMCA HEALTHY LIVING CENTER AT NORTH RIVER



DIABETES & PRE-DIABETES EXERCISE PROGRAM

Healthcare Provider Referral & Consent

The Diabetes Exercise Program is an evidence-based program designed to reduce risk factors related to diabetes and to assist in the management of diabetes through aerobic and resistance training exercise. Classes are held two times per week for 75 minutes, in addition to one independent exercise session. A nationally-certified exercise specialist teaches the classes.

Participant's Name _____ DOB: _____
Telephone Number (cell) _____ Insurance _____
Program site: _____ Start Date _____

The following to be completed by the physician (required for exercise clearance):

Previous HbA1c lab results _____ Date _____

Pre-exercise HbA1a lab

Date ordered _____ Results _____
(must be within 30 days of starting program)

Post-12-week HbA1c lab

Date ordered _____ Results _____
(must be within 30 days of starting program)

Please list upper glucose level allowable for the participant to exercise: _____

Exercise precautions/conditions:

Orthopedic _____

Cardiovascular _____

Respiratory _____

Neurological _____

Other _____

With these restrictions, the above named enrollee is medically cleared to participate in the YMCA Diabetes Program (designed for clients with prediabetes or diabetes).

Primary Care Provider (print name): _____

Signature: _____

Date: _____