

1. I am so glad I enrolled in the Prevention of Diabetes class. This class has helped me see how I was headed to having diabetes in a few years. It has showed me how to eat healthier along with getting active. The greatest part is since I have been eating healthier and active I've **lost weight**. I would recommend this program to anyone wanting to have a healthier life.
2. I joined the Diabetes Prevention Program because my glucose levels are slightly high and diabetes runs in my family. The class has done a wonderful job helping me think about what I eat and the effect it has on my body. Dawn does a great job presenting this program and including everyone.
3. I felt an urgent need to get my body healthy. My paternal grandfather, my father, and brother have all experienced either a stroke or heart attack at a fairly young age; together with being diagnosed with Type II Diabetes. Genetics along with my high cholesterol, blood pressure, A1C levels, and weight were all signs that pointed to the same diagnosis for me within time. I joined our local YMCA the first week of November. I enrolled in two classes: Pilates Fusion and Swimming. I was faithful to two days a week for Pilates Fusion and three days a week in Swimming. I made an effort to make healthy food choices as well. From November – January I lost 10 pounds and was feeling more motivated and I had an increase of energy. Still feeling the need to improve from that point; the first week of February, I enrolled in the Diabetes Prevention Class. This class has given me guidance along with the information that I needed to support *“not only my attitude change of living a healthy lifestyle”* but the resources to make it happen! It is paying off...my cholesterol and A1C levels are now within range and my blood pressure has come down significantly. I have lost another 16 pounds in two and a half months! I now have the energy and motivation to use the weights and exercise equipment at the YMCA and even added another day of swimming. Eating healthy and exercising are producing great dividends!
4. This program has been a life saver. With diabetes in my family I ignored it thinking it would never happen to me, until I went to the doctor one day after having routine blood work done and was told I was pre-diabetic, I was of course devastated. My employer then sent out a notice to all employees that the YMCA was having a class for pre-diabetics and I jumped on the opportunity to turn this around. I have learned what to eat, what size portions I should be eating based on my current weight and how to get up and get moving. Diet alone will not make you lose weight you have to exercise and eat right. I would recommend this program to all pre-diabetics and have even shared what I have learned with family and co-workers.
5. My husband and I became members of the Decatur County Family YMCA in January because I had decided that with our family histories, we both needed to make some healthier choices! I was looking through the program booklet and saw the information regarding the diabetes prevention class and thought this might be just what I need! After speaking with my doctor about it during a follow up visit for high blood pressure, high cholesterol, and a blood sugar level that was slowly creeping up, I decided to join the class before things really got out of control! Through the last 11 weeks, I have learned how to better manage my food choices and swap out poor choices for healthier foods, track more closely to figure out what changes I need to make in my diet, and be more active whether it be going to the YMCA, walking the dogs, or even working in the yard. I to date have almost made my goal weight that was set at the beginning of the program, brought my blood sugar and cholesterol levels down, and as a result of weight loss, I have gained back confidence that I had lost and have started to like myself again! So thankful this program entered in to my life when it did!