



1 Client 1 Trainer 1 Goal

Fitness Together Introduces The Type 2 Diabetes Program



“When I first started with Fitness Together, I was overweight, out of shape and my cholesterol and diabetes were on the verge of causing major health problems. Through my trainer/FT owner Cathy’s innovative, creative and patient methods, I have managed to bring my A1C level down from 8.7 to 5.8, my cholesterol has dropped significantly, and I am wearing clothes I haven’t been able to wear for years.”

- Bob. F. ~ Tyngsboro, MA

Did You Know That Diabetes Can Be Controlled Or Prevented With Lifestyle Changes?

For some, it's easier said than done. Exercise is very important in managing type 2 diabetes. Combining proper nutrition with exercise, and medicine (when prescribed) will help control your weight and blood sugar level.

*Top 10 Benefits of Being Active**

1. Improve blood glucose management
2. Lower blood pressure
3. Improve blood fats
4. Take less insulin or diabetes pills
5. Lose weight and keep it off
6. Lower risk for other health problems such as heart attack or stroke
7. Gain more energy and sleep better
8. Relieve stress
9. Build stronger bones and muscles
10. Be more flexible

If you have a family history of diabetes or have gestational diabetes, you are at an increased risk of developing type 2 diabetes. Proper exercise and nutrition can stop diabetes in its tracks.



*According to  American Diabetes Association.

Fitness Together Type 2 Diabetes Fitness Program

For Men, Women and Teens

- Conduct an initial fitness evaluation, followed by fitness re-tests every 6 weeks
- Work one-on-one with a personal trainer 3 times per week, doing strength training in our state of the art, fully equipped private training room
- Do cardiovascular exercise a minimum of 3 times per week for 30 minutes
- Test blood glucose before and after training as observed and recorded by Fitness Together
- Follow the guidelines of the Fitness Together balanced nutrition program



Strength



Cardio



Nutrition

PRIVATE TRAINING GETS RESULTS.

To get started visit
www.FTGetsResults.com

Contact one of our participating locations
for your free, confidential,
no obligation consultation.

Why Fitness Together?

Fitness Together is committed to supporting the American Diabetes Association. Here are some ways we're helping people with diabetes:

Cardio for a Cure

Fitness Together studios throughout Eastern New England have joined together as The Official Health and Fitness Sponsor of the ADA's StepOut Walk to Fight Diabetes. Through our Cardio for a Cure program we are raising over \$40,000 to help fight diabetes.

Type 2 Diabetes Fitness Program

Fitness Together is conducting a 6 month type 2 diabetes study to measure the effect of exercise on the management of type 2 diabetes. Based on this study, Fitness Together has developed a specialized fitness program for people with type 2 diabetes to help them lose weight, get in shape and gain better control of their diabetes.



Fitness Together is the Official Health and Fitness Sponsor of

 **American Diabetes Association®**

StepOut
Walk to Fight Diabetes

Fitness Together Client Testimonials

"I was diagnosed with type 2 diabetes in August, 2005. What a shock! They wanted me to go on medication, but I was determined to correct my blood sugar level naturally. I started working out at Fitness Together three times per week, and changed my diet following FT's recommended nutrition program. Five months later my blood sugar was normal, with NO DRUGS! Even my doctor was impressed."

- Dave. M. ~ Rockland, MA

"With my A1C dropping from 6.6 to 6.1, I have also lost more weight and I am enjoying that! I finally had to open the second box of insulin - it was 6 weeks later then I would have opened it before FT! It's good to be able to go to the beach without a shirt and not be embarrassed....!"

- Don. W. ~ Dunstable, MA

"Since starting with Fitness Together my strength and stamina have increased dramatically and my blood sugar level has significantly lowered. Overall I feel better. And despite my crazy hectic schedule the weekly regimen of exercise and nutrition works!"

- Jon. L. ~ Barrington, RI



Participating FT Locations

Massachusetts

Andover	978-623-8181
Arlington	781-316-8500
Auburndale	617-630-1101
Belmont	617-484-9048
Beverly	978-922-3636
Boston – Back Bay	617-247-3900
Boston – North End	617-778-2426
Boston – South End	617-262-0021
Bridgewater	508-697-6660
Brookline	617-232-2297
Burlington	781-273-0093
Cambridge	617-547-4244
Canton	781-828-2232
Chelmsford	978-244-1136
Cohasset	781-383-8004
Dedham	781-461-9300
Franklin	508-520-6888
Lexington	781-862-1175
Lynnfield	781-780-7591
Mansfield	508-339-0733
Medfield	508-242-9900
Melrose	781-665-8282
Middleton	978-646-9188
Natick	508-655-5544
Newburyport	978-961-0335
Newton Centre	617-641-9588
Newtonville	617-965-0412
North Andover	978-659-0047
N. Attleboro	508-699-2999
Norwell	781-659-0034
Reading	781-944-3232
Sudbury	978-443-7080
Tyngsboro/Nashua	978-649-6799
Wayland	508-653-3848
Westborough	508-366-0099
Westford	978-392-5800
Westwood	781-251-3399
Winchester	781-721-9996

Rhode Island

Providence	401-369-7660
Lincoln	401-333-3363
E. Greenwich	401-886-4646
Barrington	401-289-2330

New Hampshire

Portsmouth	603-334-6333
------------	--------------



1 Client 1 Trainer 1 Goal

www.FTGetsResults.com