SOUTH ALLEGHENY
2743 Washington Blvd, McKeesport, PA 15133
Mondays, starting February 24th, 6:00-7:00p.m.

TRANSFORM YOUR LIFE
REDEFINE YOUR HEALTH

PROGRAM INCLUDES A
3-MONTH MEMBERSHIP TO THE Y

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UPCOMING CLASSES
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WHAT IS PREDIABETES?
Prediabetes is when your blood sugar level is higher than normal but not high enough YET to be diagnosed as type 2 diabetes.

ARE YOU AT RISK?
Out of the 29 million Americans who live with diabetes, 8 million do not know they have diabetes—that’s 1 in 4. And 9 out of 10 with prediabetes have no idea they are at risk for the disease.

The YMCA’s Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease.

Take the test today at pittsburghymca.org/diabetes

YMCA of GREATER PITTSBURGH
For a better us.
DIABETES HAS STEADILY INCREASED
Impacting 1 out of every 7 adults

ABOUT THE PROGRAM
In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and three sessions every other week during the first six months followed by 6 monthly sessions in the second six months.

SESSION TOPICS INCLUDE
Being Active – A Way of Life. Participants learn the difference between purposeful physical activity and lifestyle physical activity.
Make Social Cues Work for You. This session allows participants to explore the way that other people affect their choices around eating and physical activity.
Eating to Prevent Diabetes: Planning Ahead. This session helps participants plan meals and snacks that will help them achieve their program goals.
Ways to Eat Less Fat. Participants learn to use available resources (such as food labels) to identify healthier options.

RESULTS
Participants are asked to provide feedback on the program after just 8 weeks. Here are some of the data points collected during the program evaluation process to date.

MAKING IMPACTS EVERY DAY
“The coaching that we receive during the lectures on a wide variety of topics helps drastically especially when it comes to eating out. I am more inclined to make healthier choices now than in the past. I completed the program in 60 pounds lighter than the year before I started. Currently, I have been able to maintain the weight loss and still make my best effort to continue with the 150 minutes of physical activity per week, sometimes even more.”

Take back your life pittsburghymca.org/diabetes

CONSEQUENCES OF DIABETES
BLINDNESS  STROKE  LOSS OF TOES, FOOT OR LEG  HEART DISEASE