



CBRC Health & Fitness

PREDIABETES

Having prediabetes means your blood glucose level (blood sugar level) is higher than normal but isn't high enough to be called type 2 diabetes. Prediabetes is the step before developing type 2 diabetes. Being active and shedding a few pounds are proven strategies that can actually prevent or delay it. The focus of this program is to lower the risk of diabetes. Improve overall health and the way the body uses insulin through diet and exercise. The goal is to control weight, increase stamina, improve heart health, and improve the way the body stores and uses glucose.

Prediabetes participants meet with our exercise professionals three times a week for 30-minute sessions. Our Prediabetes program includes nutrition coaching and personal training.

Prediabetes program is available in 3, 6, or 12-month programs.

Cost: \$37-\$45 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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