



CBRC Health & Fitness

TYPE 1 DIABETES

Exercise is an absolutely vital part of type 1 diabetes.

Staying fit and active throughout your life has many benefits, but the biggest one for people with diabetes is this: it helps you control diabetes and prevent long-term complications. This program is geared to help decrease the risk of cardiovascular disease, improve how insulin works in the body through exercise, and help reduce symptoms of depression, and improve your quality of life!

Two options for Type 1 Diabetes Programming:

One-on-one training 2 x week 60-minute sessions in 3, 6, or 12-month programs. Cost: \$60-\$70 per session depending on program length.

Functional Group Training in 3, 6, or 12-month programs. Cost: \$12-\$17 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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