



CBRC Health & Fitness

TYPE 2 DIABETES

Experts now say that any physical activity counts toward better health – even just a few minutes! Being active is a great way to improve the way your body uses insulin and burn more calories to control your weight. Just one session of aerobic activity improves blood glucose (blood sugar) and insulin action up to 24 hours or longer! The focus of this program is to 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.

Type 2 Diabetes participants meet with our exercise professionals three times a week for 30-minute sessions. Our Type 2 Diabetes program includes nutrition coaching and personal training. Cost: \$35-42 per session depending on program length.

Type 2 Diabetes program is available in 3, 6, or 12-month programs.

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

CONTACT US

morganfewel@my-cbrc.com
(509) 943-8416