

Has your doctor told you to exercise? Let's Get Moving!

LEAD-UP

Checklist:

- Go to the website, call, or stop by the office to get the forms
- Fill out all forms
- Take Physician's Clearance form to your doctor & have them fill it out
- Call us to make an initial health assessment and weight room orientation appointment
- Be sure to bring all your forms to the first appointment!
- Encourage your family and friends to join!



Exercise Benefits from Diabetes Digest

- It helps build and maintain healthy bones, muscles, and joints.
- Exercise assists with weight loss and weight maintenance.
- In diabetes, activity helps improve the action of the amount of insulin given. Therefore less insulin may be needed to maintain blood sugar levels.
- Regular exercise makes muscles and other tissues more receptive to insulin, so the body requires less insulin to move glucose from the blood into the muscles.
- Exercise can reduce the risk of developing diabetes related complications.
- Exercise lowers blood pressure levels in those diagnosed with high blood pressure and decreases the risk of high blood pressure for others.
- Exercise reduces the risk of dying from heart disease and certain cancers. Exercise promotes a person's emotional and psychological well being, hence it may reduce anxiety and depression.



LEAD-UP

Lifestyle Education Access for Diabetics:
A University Program



Texas Woman's University Presents

LEAD-UP

LIFESTYLE EDUCATION ACCESS FOR DIABETICS: A UNIVERSITY PROGRAM



Make time to improve your health. . . for FREE!

What can LEAD-UP do for YOU???

LEAD-UP is here to assist individuals with diabetes or those at risk for diabetes make lifestyle changes to improve glycemic control, attain a healthy body weight, establish a healthy relationship with food, and reduce the likelihood of developing other chronic conditions.



In individuals with diabetes, regular walking has been shown to increase fitness levels, improve fasting blood glucose levels, cholesterol levels, enhance the effectiveness of insulin, and improve overall well being.

LEAD-UP Offers. . .

- Access to Pioneer Hall's workout facilities (indoor track and weight room)
- Exercise guidance (aerobic and strength training)
- One on one nutrition consultations with a Registered Dietitian
- Monthly nutrition workshops
- Health assessments every 3 months



How To Sign-Up. . .

LEAD-UP is FREE! Just follow the instructions on the "LEAD-UP Checklist". All participants are required to fill out the necessary paperwork, consisting of a consent form, activity release form, a brief health/nutrition history questionnaire, and a physician's clearance form signed by your doctor.

Once forms are turned in, you can begin exercise!

LEAD-UP Program Hours

Monday-Thursday

6:30 a.m.—8:00 a.m.
11:00 a.m.—1:00 p.m.
5:30 p.m.—7:30 p.m.

Fridays

11:00—1:00 p.m.

Website

www.twu.edu/exphys

Email

twuleadup@gmail.com

Phone number

940-898-2512

LEAD-UP Location

Office:
Pioneer Hall Rm.212
Exercise:
Pioneer Hall 2nd Floor
Weight Room or 3rd
floor track

TWU
Department of
Kinesiology
P.O. Box 425647
Denton, TX 76204

