



LEAD-UP

Lifestyle Education
Access for Diabetics:
A University Program

LEAD-UP to a Healthy Lifestyle

- LEAD-UP offers guidance and encouragement to participants in making progressive, small changes to adopting a healthier lifestyle.
- Adopting healthy lifestyle habits can lead to:
 - Managing and improving blood glucose levels
 - A lower risk of heart disease
 - Weight management
 - Improve cholesterol levels
 - Relieve stress



LEAD-UP Overview

- First began in February 2005
- Funded by the Flow Health Care Foundation, Inc.
- A free wellness program located at Texas Woman's University on the second floor of Pioneer Hall



Services Offered

- Supervised walking and weight training
- Access to TWU Pioneer Hall's facilities
 - Indoor walking track
 - Weight room
- Periodic health assessments and information



Services Offered cont.

- Nutrition consultations
 - Individual meetings with a Registered Dietitian
- Once a month nutrition workshops
 - Past topics include:
 - Carbohydrate counting
 - LEAD-UP to a Heart Healthy You
 - Exercise 101
 - Diabetes Basics



Hours of Operation



SCHOOL YEAR

- Monday – Thursday
6:30 a.m. – 8 a.m.
11:00 – 1:00 p.m.
5:30 p.m. - 7:30p.m.
- Friday
11:00 – 1:00 p.m.

SUMMER BREAK

- Monday – Thursday
6:30 a.m. – 8 a.m.
11:00 – 1:00 p.m.
4:30 p.m. - 6:30p.m.
- Friday
11:00 – 1:00 p.m.

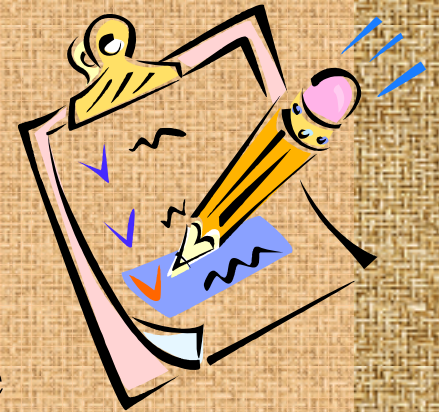
Who Can Join?



- LEAD-UP's primary focus is for individuals that have been diagnosed with diabetes or pre-diabetes
 - Individuals with other identifiable risk factors are encouraged to join as well
- LEAD-UP welcomes family members to sign up along with participants

How Do I Join?

- All participants are required to fill out the necessary paperwork:
 - Physician's clearance form signed by your doctor
 - Consent form
 - Activity release form
 - Brief health/nutrition history questionnaire
- Paperwork can be obtained by:
 - Calling or stopping by the LEAD-UP office
 - Visiting the LEAD-UP website
 - Giving us a mailing address to send the packet to you
- Once your paperwork is complete – you can come by and start exercising!



Staff



- Director

Victor Ben-Ezra, Ph.D

- Staff

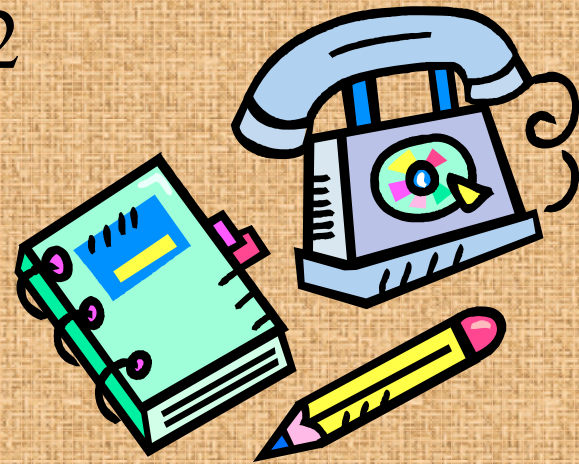
Bethany Bloom, RD, NASM-CPT

Braham Belferman

Victoria Perry, RD, LD

Contact Information

- Office
 - Pioneer Hall, room 212
- Phone
 - 940-898-2512
- Email
 - twuleadup@gmail.com





THANK YOU!

We hope to see you soon!

*“To eat is a necessity, but to eat
intelligently is an art”*

- La Rochefoucauld