

***LEAD-UP***  
***Lifestyle Education Access for Diabetics:***  
***A University Program***

Dear ***LEAD-UP*** Participants,

Welcome to the Department of Kinesiology at Texas Woman's University ***LEAD-UP*** diabetes management program! We are very excited that you are considering/have decided to join our walking program designed specifically for those who are diabetic or pre-diabetic. In diabetic men and women, regular walking has been shown to increase fitness as well as improve fasting blood glucose, HbA1c, total and LDL cholesterol levels, and enhance the effectiveness of insulin in removing glucose from the blood stream. Regular exercise (3-5 days/week) can improve these conditions as well as improve overall well-being.

The primary purposes of ***LEAD-UP*** are to help diabetics make lifestyle improvements through regular exercise and education counseling, improve glycemic control, attain a desired body weight, reduce the likelihood of developing other chronic conditions, and reduce the pre-diabetic's risk of converting to Type 2 diabetes.

***LEAD-UP*** is an opportunity to get your current health/nutrition/fitness level assessed, get involved in healthy daily activity, become educated about healthy eating and nutrition guidelines, and take part in monthly nutrition/health workshops. Most importantly, you will learn how to change daily habits to create a healthy lifestyle.

There is no cost to participate in the ***LEAD-UP*** program. If you chose to participate in the program, you will be required to fill out the participant packet. The packet consists of a consent form, activity release form, a health history questionnaire, and a brief nutrition and exercise assessment. We ask that you complete each of these to the best of your ability. A physician's clearance form **must be completed by your doctor** before the start of your program. You will not be able to start exercising in the program until all the paperwork and physician's clearance form is completed. They are located either on the Kinesiology website under ***LEAD-UP*** or you can call, email, or pick up the forms.

You can drop off your paperwork in the ***LEAD-UP*** office room 212 of Pioneer Hall or send it in to the following address: Attn: LEAD-UP, Department of Kinesiology, Texas Woman's University, P.O. Box 425647, Denton TX 76204-5647. Please make an appointment with one of the staff members before coming in to your first exercise session via phone or email. Thank you in advance for your cooperation. We look forward to working with you in LEAD-UP!

Sincerely,  
TWU LEAD-UP Staff & Graduate Assistants

Vic Ben Ezra, PhD

Bethany Bloom, RD, NASM-CPT    Braham Belferman    Victoria Perry, RD, LD