

## BETSIÉ HOSICK HEALTH & FITNESS CENTER



Dear Participant,

Welcome to *Active Steps*! Daily exercise can give you more energy, lower blood glucose, improve circulation, help with weight management, and decrease stress (among many other benefits!). Our program is formulated for diabetes and dialysis patients who need help getting started on an exercise program.

Please talk with your doctor before you start our exercise program. Since exercise causes your blood sugar to drop, diabetics may need to make some modifications in their insulin dose and schedule and their eating plan. For some people, and in some situations, exercise can *increase* blood sugar levels. Moreover, have your doctor screen you for any diabetic complication(s), especially heart disease, which may be made worse by exercise.

Participants on dialysis need to discuss changes to fluid intake with a registered dietitian before starting our program.

Our Personal Trainer will guide you every step of the way to ensure you are meeting your individual goals. You will have the confidence to continue with this program on your own when we are finished. We are excited to help you improve your quality of life through exercise and fun!

Please return this paperwork to the Fitness Center. Once the paperwork is received, we will call you to set up an appointment for a pre-assessment. Please bring your blood sugar log to the pre-assessment.

We look forward to working with you, and helping you take *Active Steps* towards a healthier lifestyle!

Sincerely,

Renée Aten, ACE CPT, GFI  
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