



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

Diabetes and Heart Disease Prevention Program BILLINGS FAMILY YMCA

Let St Vincent Healthcare and the Billings Family YMCA help you create a healthier lifestyle.

Participant Testimony:

"This was the best thing I have ever done for myself and my life. I know I have the tools to continue life changing habits"

"I learned exercises that are not stressing to my knees. The activity classes were well instructed."

"I understand more about healthy eating now. I also know this is a lifestyle change and not a diet."



406-248-1685
402 North 32nd Street
Billings, MT 59101
www.billingsymca.org

PROGRAM INFORMATION:

Basic Information

- Classes start in January and July of each year
- Physician referral required
- \$150 materials fee (scholarships available)

Eligibility

- Overweight (Body Mass Index of 25 or higher)
- Age 18 or over
- And one or more of the following:
 - A previous diagnosis of pre-diabetes; (A1C 5.7 to 6.4% can be used)
 - Impaired glucose tolerance or impaired fasting glucose
 - Pre-diabetes=100-125mg/dL
 - High blood pressure (\geq 130/85 mmHg or treatment)
 - Dyslipidemia:
 - (triglycerides >150 mg/dl, or treatment
 - LDL-cholesterol >130mg/dl or treatment
 - or HDL-cholesterol <40mg/dl men and <50mg/dl women)
 - A history of gestational diabetes (GDM)
 - Gave birth to a baby greater than 9 pounds

How it Works

- You will begin by attending weekly nutrition classes for 16 weeks taught by a registered dietitian.
- You will then attend physical activity classes twice per week for 11 weeks. Classes are taught by YMCA trainers.
- Lastly, you will attend monthly maintenance classes for 6 months.

Getting Enrolled

- Call Bev McHugh at 237-8599 to get going on your healthy lifestyle.