

WHY PARTICIPATE...

Does your fasting blood sugar fall between 100-125mg/dl?

Is your Hemoglobin A1c between 5.7-6.4mg/dl

Have you been diagnosed with high blood pressure, high blood sugar levels (diabetes/pre-diabetes) or high triglyceride levels?

It's not too late, the FIRST program can reverse Pre-diabetes and Early Type 2 Diabetes.

Helps lower blood sugar naturally and is more effective than medications and diet alone.

Studies show that strength training with aerobic exercise helps over 39% of diabetics get off insulin and other diabetic medications.



REAL RESULTS...

"I didn't know there was an alternative to metformin."

-Susan G., 28

"I lowered my blood sugar in eight months."

-Yvonne S., 73

"My cholesterol improved so much that I was able to get off statins."

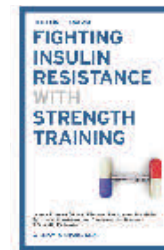
-Steven K., 66

MEET DR. SHANG



William Shang, M.D. is certified by the American College of Sports Medicine and American Board of Pathology.

Learn more: <https://medium.com/@usamd>
The FIRST Program Book is available on Amazon Prime and Kindle



For more information contact: Laura Clary, Wellness Director:
315-253-5304 ext 1006
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE CHARGE OF YOUR HEALTH FIGHTING INSULIN RESISTANCE WITH STRENGTH



Kelsey Shang

12 WEEK PROGRESSIVE WEIGHT LOSS PROGRAM AT THE AUBURN YMCA-WEIU

Auburn YMCA • 27 William St. Auburn NY 13021
auburnymca.net • 315-253-5304

WHAT IS FIRST...

Our team of professionals will guide you thru a 12 week progressive program that will help you gain control of your health.

Program is designed according to ADA exercise guidelines.



LEARN...

How to reprogram muscles to reverse insulin resistance.

How your body's muscle has come to mismanage sugars and fats.

How resistance exercise is an absolute necessity when it comes to sustained weight loss, and re-establishing a normal metabolism.

How high-intensity and low-intensity exercise use different sources of energy.

Why you need to combine higher protein diets with exercise.

Exercise plans you can use, modeled after successful research trials.

Kelly's Choice in collaboration with the Auburn Y presents a...

12 WEEK WEIGHT LOSS PROGRAM



Kelly's Choice Dietitians are experts in the weight loss field. If you have early stages of Type 2 Diabetes or are pre-diabetic this program is perfect for you. Program will consist of weekly education/ counseling every Monday evening at 6:00pm.

Healthie Mobile App Offers...

Simple tracking strategies

Ability to message a dietitian 24/7

HIPPA Compliant

Health Material for Self-Guided Learning

Program Topics...

Dining Out, Fats, Sugars, Meal Planning, Fruits and Veggies, Mindful Eating, Maintenance, Proper Sleep and more!

KELLY'S choice
...NUTRITION COMPANY...

WHEN IS FIRST...

January 27-- April 15

Mondays: 5:30-7:00pm

Wednesdays: 6:00-6:45pm

First Week: Weigh Out

6 Week Point: Weight In and Post Blood Screen required.

AMBA Screenings will be held at the Y. Pre-Registration required. More information to follow.

Fee: Y-Members \$75

General Public \$150

For more information visit our website at auburnymca.net or call the Auburn YMCA and ask for

Laura Clary, Wellness Director at
315-253-5304 ext. 1006,
laura@auburnymca.net

INSTRUCTORS...

Under the direction of ...

- Laura Clary, Wellness Director
- William Shang, MD
- Certified YMCA Wellness Staff
- Sarah Olszewski, Kelly's Choice
- Kelly Springer MS, RD, CDN