

WHAT IS INSULIN RESISTANCE?

- Long associated with type 2 diabetes
 - a known risk factor for heart disease
 - occurs when the body does not properly use insulin to metabolize blood glucose
 - when insulin fails to enable cells to admit glucose, necessary for cells' energy production.
 - glucose then builds up in the blood, and additional insulin is required



For more information contact
Laura Clary,
Wellness Director:
315-253-5304 ext 117
laura@auburnymca.net.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE CHARGE OF YOUR HEALTH FIGHTING INSULIN RESISTANCE WITH STRENGTH TRAINING (F.I.R.S.T)



Kelsey Shang

**12 WEEK PROGRESSIVE
WEIGHT MANAGEMENT PROGRAM
AT THE AUBURN YMCA-WEIU**

**MONITORED BY:
WILLIAM SHANG, MD
ACH Staff Physician with a Sports
Medicine Certification**

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

WHAT IS F.I.R.S.T? FIGHTING INSULIN RESISTANCE WITH STRENGTH TRAINING

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

Are your HDL cholesterol numbers low and you have belly fat? These are known as Metabolic Syndromes and are setting you up for possible future dangerous health issues.

Have been told to lose some weight or exercise but are not sure where to start or what type.

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

At the end of the program, you will see improvement in your numbers, your waist and your mood.



LEARN...

- 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.
- How to reprogram muscles to reverse insulin resistance.
- Why you need to combine higher protein diets with exercise.
- Exercise plans you can use, modeled after successful research trials.

MEET DR. SHANG

William Shang, M.D. is certified by the American College of Sports Medicine and American Board of Pathology. At present, a director of a Cornell University laboratory, he is a graduate of RPI-Albany Medical College's Combined 6-Year Accelerated Program. His experience includes service as a USAF flight surgeon, primary care physician, hospital pathologist and autopsy examiner.

WHEN IS F.I.R.S.T?

January 15-April 4
Tuesdays and Thursdays
5:30-6:15pm

Or

Tue./Thur. Noon-12:45pm
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. 117 or laura@auburnymca.net Financial Assistance Available, more information available at the front desk.



INSTRUCTORS...

Under the direction of ...

- Laura Clary, Wellness Director
- William Shang, MD
- Certified YMCA Wellness Staff