

## 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

### WHAT IS INSULIN RESISTANCE?

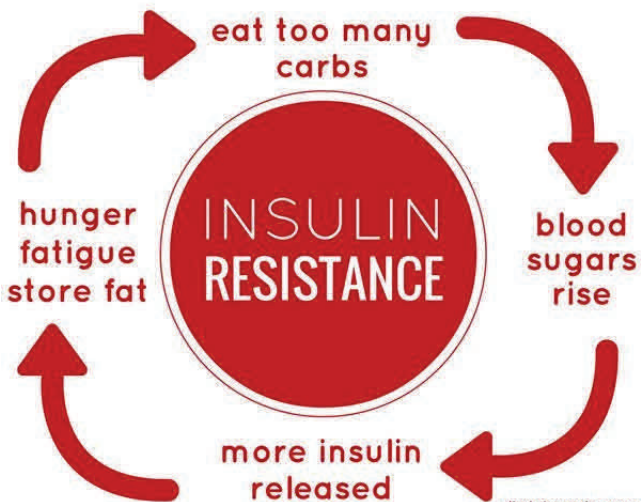
Long associated with type 2 diabetes

-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 build up in the blood and additional insulin is required.



Diabetes is an invisible enemy.  
It can't be stopped with medication.  
But it isn't unbeatable.

You need to use the most powerful  
weapon in your holster:

### YOUR MUSCLES

The **FIRST** Program is a group strength training program that helps treat insulin resistance. **FIRST** is proven by international medical studies and led by fitness experts.

**It's time to tackle diabetes  
at its root,  
one workout at a time.**



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

## 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.



## 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.

## WHEN IS FIRST...

**April 9-July 2, 2019**

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](http://auburnymca.net) or call the Auburn YMCA and ask for Laura Clary, Wellness Director at 315-253-5304 ext. 117, [laura@auburnymca.net](mailto: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

## 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

