Quotes from past Active Living and Learning participants...

"The team approach gave a feeling of partnership. (I) felt a balance of personal responsibility, freedom of choice and realistic advice, evaluation and support."

"Each class was well thought out and useful information was presented. I am so grateful to be a part of this wonderful program."

"I have begun to embrace balance and healthy choices and move away from destructive habits."

For more information contact:

UW Health Preventive Cardiology
(608) 263-7420

UW Health
University of Wisconsin
Heart and Vascular Care
uwhealth.org/heartandvascular

CD-20313-08

ACTIVE LIVING AND LEARNING

A lifestyle modification course designed to prevent diabetes

UW Health
University of Wisconsin
Heart and Vascular Care
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Active Living and Learning

Approximately 35 million Americans have a medical condition known as Metabolic Syndrome which significantly increases risk for Type 2 diabetes, cardiovascular disease and kidney disease. Patients with metabolic syndrome have three or more of the following: high blood sugar, high blood pressure, high triglycerides, low HDL cholesterol and are overweight (carrying most of their extra weight around their middle). Are you one of them? Are you interested in a program that will help you do something about it?

How it works

The year-long Active Living and Learning program includes an initial personal evaluation, weekly group classes for 12 weeks and monthly group classes for an additional eight months. The two-hour classes are led by a registered dietitian, exercise physiologist and clinical health psychologist.

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Program purpose

The Active Living and Learning Program classes are designed to change your life for the better—to live a healthier life and reduce your risk of diabetes, heart disease and stroke. You will gain confidence in your abilities to control your weight, blood sugars, and blood pressure through long-lasting, doable behavior change.

Through the program you'll learn:

- How to start and maintain a routine of regular physical activity and fitness.
- How to follow a healthy nutrition plan that is both appealing and satisfying.
- How to maintain these positive lifestyle changes using behavioral techniques.

Class format

Each Active Living and Learning Class is two hours long and is broken into two sections.

During the first hour of each class, participants:

- Learn the medical implications of Metabolic Syndrome
- Review the fundamentals of nutrition and exercise
- Practice goal-setting
- Develop healthy exercise habits
- Focus on choosing healthier carbohydrates and fats
- Learn how to control meal portions
- Discover healthier options for eating out
- Understand how to interpret food labels

During the second hour of each class, participants:

- Participate in aerobic exercise on various pieces of exercise equipment
- Have the opportunity to share individual lifestyle goals and progress with facilitators and other group participants

You may qualify if you:

- Have three or more traits of Metabolic Syndrome:
  - high blood sugar
  - high blood pressure
  - high triglycerides
  - low HDL-Cholesterol
  - increased waist circumference
- Have new onset of Type 2 diabetes (diagnosed wihin the past six months) ***and*** are not on medication to control your blood sugar.
- Are ready to make lifestyle changes that can improve your health and can commit to the year-long program.

To successfully complete the class, participants are expected to:

- Attend and participate in all scheduled class sessions
- Keep a daily food and exercise journal
- Exercise at least 150 minutes per week

Program cost

Some insurance companies pay for the program. Please check with your insurance provider on coverage for Active Living and Learning. Participants are required to pay a commitment fee which will be refunded upon completion of the program requirements.