



## Diabetes Wellness Program

Diabetes can be a debilitating disease that can often be attributed to other diseases or future injuries. Engaging in a regular physical-activity routine aides in controlling diabetes by decreasing body weight and improving blood glucose levels. Florida Hospital and the Crosby YMCA have partnered to provide physical therapy and medical fitness programs specifically designed to improve quality of life of those living with diabetes. Research has shown that diabetics (types I and II) benefit from physical activity by decreasing excess body fat and improving circulation, while increasing strength and lowering blood pressure.

## Schedule an Appointment

To schedule an appointment, call  
(407) 279-3666. Physician prescription is required.

For more information about the Diabetes Wellness Program, contact Brittany Dixon by calling  
(407) 646-7000, extension 3788, or via email to  
[Brittany.Dixson@FLHosp.org](mailto:Brittany.Dixson@FLHosp.org).

**Crosby Wellness Center**  
2005 Mizell Avenue  
Winter Park, FL 32792  
(407) 646-7000, extension 3788

## Diabetes Wellness Program



PEGGY & PHILIP B. CROSBY YMCA



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We offer a safe and effective diabetes exercise program provided by licensed physical therapists and skilled exercise physiologists. The following are the components of this comprehensive program:

## Physical Therapy

- ▶ A therapist will evaluate the patient's current function and establish a therapeutic exercise program.
- ▶ Therapist will monitor and progress initial program based on patient's individualized needs.
- ▶ Once patient is stable on the exercise program developed by therapist, the patient is recommended to transition into the Medical Fitness Program.

## Medical Fitness Program

- ▶ Following physical therapy treatment, participants are encouraged to transition to the Medical Fitness Program.
- ▶ The Medical Fitness Program includes a physiological assessment consisting of blood pressure, body composition, flexibility, strength and cardiovascular testing.
- ▶ Based upon assessment results, fitness level, any co-morbidities and limitations, a personalized exercise program is developed and tailored to the patient's needs.
- ▶ Fitness results and outcomes are monitored to show progress and areas of needed focus.
- ▶ Specialized group programs are available for patients with diabetes.
- ▶ Patients are supervised by medically trained staff and have access to the Crosby YMCA and all Florida Hospital programs that assist with health-risk reduction.

## Exercise Intervention and Monitoring

Our highly skilled therapists and exercise physiologists follow evidence-based research recommendations for exercising with diabetes.

- ▶ Exercise prescription adjusted for fitness level
- ▶ Exercise precautions adhered to for any co-morbidities
- ▶ Monitoring of the following:
  - ▷ Blood sugar level
  - ▷ Problems from peripheral neuropathy (if applicable)
  - ▷ Blood pressure and heart rate monitoring as needed
  - ▷ Hyperglycemia or hypoglycemia signs and symptoms

## Nutritional Services

Our registered, licensed dietitian will assist in the development of a nutrition plan specific to the patient's blood sugar concerns. This includes:

- ▶ Review of current eating and lifestyle habits
- ▶ Nutrition tips for managing blood sugar levels based on current eating habits
- ▶ Education on carbohydrate counting
- ▶ Discussion of the importance of increasing plant food and fiber intake for healthy blood sugar levels
- ▶ Review of healthy fats and lean protein sources
- ▶ Identifying a healthy weight for the patient and discussion of the role weight plays in managing blood sugar level and risk for heart disease
- ▶ For newly diagnosed diabetics, survival skills provided and patient referred to the Florida Hospital Diabetes Institute for comprehensive diabetes education

