

## THE IMPORTANCE OF EXERCISE FOR DIABETICS



- 55% of deaths from diabetes are attributed to cardiovascular disease.
- Exercise has been proven to decrease the risk of heart attacks.
- Exercise lowers blood pressure and LDL (*bad*) cholesterol.
- Exercise decreases stress.
- Aerobic exercise has been shown to improve blood sugar/glucose control in Type II diabetes.

### WE OFFER

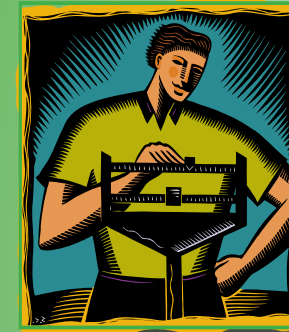
- Individualized evaluation and exercise programs
- One hour of group exercise

### FEES

Initial consultation (45 minutes to one hour)	\$75.00
1x per week (8 sessions)	\$60.00
2x per week (16 sessions)	\$100.00
2x per week (24 sessions)	\$125.00

**Call today, 314.768.3696.**

**Forest Park Hospital**  
Cardiopulmonary Rehabilitation  
6150 Oakland Ave.  
St. Louis, MO 63139



## Diabetic Education and Exercise Program (D.E.E.P.)



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# WHY WE ARE *Unique*



1.

All Education classes are taught by cardiopulmonary nurses, registered dietitians and a diabetes nurse educator.

2.

All exercise classes are taught and supervised by nurses, a certified fitness trainer and physical therapists.

3.

Individualized exercise programs are designed to accommodate all needs.



## A PROGRAM DESIGNED TO EDUCATE DIABETICS ABOUT:

- Management of diabetes
- How to read and use food labels
- Food and diet tips
- Insulin management and use of medications
- Foot care
- Stress management and relaxation techniques
- High blood pressure control
- Prevention of heart disease

## THE EXERCISE PROGRAM OFFERS:

- Blood glucose monitoring before and after exercise
- Monitoring of heart rate, blood pressure and weight for each session
- Individualized home exercise programs
- Low-impact aerobics and strength training
- Use of weight equipment, treadmills, stationary bicycles, free weights and resistance exercise bands