

FIT & NU™
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Lifestyle Coaching for Type 2 Diabetes Prevention

Join FIT & NU and Other PreventT2 Participants in Learning How to Make Healthy Changes in the Denver Metro Area

Aurora, CO: Community members are preventing type 2 diabetes together with the Center for Disease Control and Prevention's (CDC) National Diabetes Prevention PreventT2 lifestyle change program offered by FIT & NU™. Guided by trained lifestyle coaches, groups of participants are learning the skills they need to make lasting changes such as losing weight, increasing physical activity, and managing stress.

The PreventT2 program is a research-backed and scientifically proven approach to preventing or delaying the onset of type 2 diabetes through modest lifestyle changes made with the support of certified coaches that help individuals establish healthy habits. Studies showed that enrollees with prediabetes—higher-than-normal blood glucose (sugar) levels—can reduce their risk of developing type 2 diabetes by 58% through modest lifestyle changes. Nationwide implementation of the program could greatly reduce future cases of type 2 diabetes, a serious condition that can lead to health problems including heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

People are more likely to have prediabetes and type 2 diabetes if they:

- Are 45 years of age or older;
- Are overweight;
- Have a family history of type 2 diabetes;
- Are physically active fewer than three times per week; or
- Have been diagnosed with gestational diabetes during pregnancy or gave birth to a baby weighing more than 9 pounds.

“One in three American adults has prediabetes, so the need for prevention has never been greater,” said Brittney Rae Reese and Joslyn Reese, sisters and Founders of FIT & NU. “We help our participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and overcome challenges that can get in the way of healthy changes.”

PreventT2 groups meet for a year. Weekly for the first 6 months and then once or twice a month for the second half of the year to maintain healthy lifestyle changes. The program's group setting provides a supportive environment with people who are facing similar barriers and working toward the same changes. Participants celebrate their successes and find ways to overcome obstacles together.

Brittney Rae said “I'm excited to work with participants to make small changes in their lifestyles that can add up to make a huge difference.” Joslyn added, “We work closely with participants and support their entire journey. We provide guidance to help them overcome their unique challenges and make lasting changes, together.”

To learn more about the program, visit FIT & NU's website at <http://fitandnu.com/dpp/> or go to www.cdc.gov/PreventT2 for more information.

You can also join them tonight at 6pm for their free virtual information session on Facebook at <https://www.facebook.com/events/391034738686249/>. Sign up for PreventT2 today while there are still spaces available.



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