



Are you at risk of type 2 diabetes?

Join our diabetes prevention program: Small Steps for Big Changes!

Small Steps for Big Changes is a free program to help you lower your risk of developing type 2 diabetes. Meet one-on-one with your Small Steps for Big Changes coach to create diet and exercise goals that will fit with your lifestyle and receive a free one month membership to the YMCA!

Address your unique needs through an evidence-based program.

As part of our YMCA's charitable mission to build a healthier community, we've partnered with the Diabetes Prevention Research Group at UBC Okanagan to provide our members with their evidence-based diabetes prevention program proven to result in long-term exercise and dietary changes.

What to expect:

- ▶ Six weekly one-on-one sessions with your coach
- ▶ Motivational techniques to help you stick with exercise and strategies for meal planning
- ▶ Personalization for your unique health needs and lifestyle
- ▶ Track your diet and exercise
- ▶ Additional follow-up appointments at 12 and 24 months

Learn how to:

- ▶ Set realistic goals and measure progress
- ▶ Identify barriers to healthy behaviours
- ▶ Build exercise habits
- ▶ Build healthy nutrition habits

Take your first small step.

Complete the eligibility survey. If you are eligible you will be contacted by the team to schedule your first appointment!

Eligibility Survey:
tiny.cc/ssbccanada



Looking for something different?
See more ways we can support you at ymcahfx.ca/livewell/