

SMALL STEPS FOR BIG CHANGES



Decrease your risk of developing type 2 diabetes

About the Program

Small Steps for Big Changes is an evidence-based counselling program designed to help you make lasting diet and exercise changes to lower your risk of developing type 2 diabetes.

How can I participate?

This *free* program is offered at A. R. Kaufman YMCA.

Program intake

- Contact us to determine your eligibility for this program! tiny.cc/ssbccanada
- Or, complete the following survey to determine if you are eligible:



Training phase

- 6 sessions of 1-on-1 exercise and dietary change counselling with a trained coach over 4 weeks

Support phase

- Accountability check-ins with your coach at 12-, and 24-months following completion of the program

Now is the time to act!

You may not notice any symptoms of high blood sugar, but making diet and exercise changes now can decrease your risk of developing type 2 diabetes and lower your blood sugar levels before irreversible damage occurs.

Would you like to learn more about the program?

This program is supported by the Diabetes Prevention Research Group at UBC for recruitment into the research study titled "Implementing an evidence-based diabetes prevention program into diverse urban communities" (Principal Investigator Dr. Mary Jung).

Visit us in person: A. R. Kaufman Family YMCA

333 Carwood Ave, Kitchener, ON N2G 3C5

Ask yourself five questions.

1 Are you inactive?

2 Are you overweight?

3 Do you have high blood pressure?

4 Do you have a parent or a sibling with type 2 diabetes?

5 Were you diagnosed with diabetes during pregnancy?

If you answered 'yes' to any of the above questions, you could be at risk for type 2 diabetes.

Email us:

wellness@ytr.ymca.ca

Give us a call.

519-743-5201 x 2113



Diabetes Prevention
Research Group