

Small Group Training

Learning Objectives

- Explain why physical activity is important for helping people with diabetes control their blood glucose levels, for preventing or delaying diabetes in those at high risk for the disease, and for helping everyone maintain a healthy weight.
- Describe easy ways to add physical activity to your daily routine Identify correct footwear and proper foot care for people with diabetes.
- *Participants will also receive a basic exercise program*

Classes held 3th week of each month

Classes are located at



**Endeavor Rehab Center
1033 La Posada Dr. Suit 308
Austin, TX 78752**

Ph: (512) 284-7192

Cell: (512) 608-7733

Diabetes and Hypertension Wellness Forum

Endeavor Rehab and Body Trainers has developed programs to serve the needs of the diabetic and hypertensive community. We recognize that proper exercise and nutrition is the key to management of most long term medical conditions. We have created community based initiative to provide free support and guidance on creating and maintaining an exercise program to manage your health related needs. A forum will be held monthly to educate, uplift and improve their quality of life. To sign up for the forum today by calling (512) 284-7192 or sign up online at www.endeavorrehab.com



**“It’s more than fitness,
it’s a way of life.”**



**www.BodyTrainers.net
www.EndeavorRehab.com**