

## Take DIABETES Head on with PERSONAL TRAINING INSTITUTE

*Diabetes is the 3rd largest cause of death by disease in the U.S. affecting over 18 million people. It can lead to blindness, kidney & heart disease, stroke & amputations.*

### **Why does weight loss help Diabetes?**

Weight loss will lower insulin resistance and allow natural insulin to do a better job lowering blood glucose levels. Weight loss also improves blood fat & blood pressure levels, which lowers the risk of cardiovascular disease. People with diabetes are twice as likely to get cardiovascular disease. At PTI we know exactly how to make the most out of living with diabetes!

### **The Benefits of Strength Training for Diabetics**

Strength training increases glucose metabolism by 25%. Strength training's main benefit is the muscles ability to store glucose. This will not occur

with cardio type workouts... At PTI, you will increase muscular strength & endurance, which will improve flexibility, aerobic capacity & motor skill development. This will get glucose into the cells & hence has a glucose lowering effect. Glycogen stored in the muscles & liver can be converted into glucose to provide fuel to the muscle during low blood glucose periods.

### **The Benefits of Proper Nutrition for Diabetics**

With an on staff nutritionist & weekly appointments for it's clients, PTI can make the daily dietary adjustments that diabetics need to enhance their strength training workouts and better their everyday lives. Eating guides are provided for each client and ALL clients go on the PTI eating plan which is 3 meals per day with 3 snacks in between. "We feed our clients!" says Dawn Neal, head

nutritionist at PTI in Lititz. "Strength training workouts require energy to burn. We can't have our clients walking around hungry!" Small changes are made to each client's daily diet and week by week, the changes take place. The program includes no fad dieting techniques nor do clients have to purchase food products from PTI.

### **Take the Leap – Try a Free Workout & Nutrition Consultation**

PTI offers a comfortable environment for first-time exercisers. Personal trainers guide members through 30-minute workouts on state-of-the-art Nautilus strength training machines, setting weights and seat heights, ensuring proper form and providing motivation. The setting is intimate as opposed to a typical big-box health club. PTI is open from 6 a.m. to 9 p.m. weekdays and 7 a.m. to 1 p.m. on Saturdays.

