

DIABETIC WELLNESS

In partnership with
Central Oklahoma Turning Point

Project Goal/Objectives:

1. Nutritional education
2. Encourage physical activity—walking
3. Weight loss

Project Scope/Narrative:

The St. Charles-McAuley Clinic, a newly associated Turning Point/WIC partner developed *Diabetic Wellness* to address diabetic and pre-diabetic individuals, 50-55 years of age.

Classes were conducted by a certified personal trainer, three times a week, with documentation of BMI and weigh-in weekly. Participants all signed commitment pledges.

The participants were provided a nutrition class that included a trip to the grocery store. Motivational speakers presented educational classes, and walking sessions were also featured.

Testimonial:

To Whom It May Concern:

Thank you for helping us with the **WIC** mini grant to Barbara and St. Charles Clinic. Six years ago I broke my ankle and ever since have walked with a cane. When Barbara mentioned the exercise class to me, I was hesitant at first but once I began and started seeing improvement right away, I decided to stick with it. I attend class 3 nights a week and exercise at home. After 1 month, I was walking without my cane and now don't have to use it at all. I work with children at a daycare and the young girls I work with have to tell me to slow down. I have lost inches and about 20 pounds of weight and feel terrific. My husband has even noticed a difference. Thanks again,

Harriet Smallwood



Testimonials:

To Whom It May Concern:

I have participated in the diabetic exercise class since June and am doing wonderful. I work a night job and did not know if I would be able to go to the classes, as I sleep from 2PM-9PM in the evening and work all night. I tried a week of class and felt so good that it is now my routine to sleep a little and then get up to exercise 3 nights a week. The class has become very tight knit and we all enjoy each other. I have been told by the Personal Training and Barbara that with my personality and enthusiasm that I can be in charge of the class on Monday evenings when we have no trainer. I really enjoy doing this. I have lost 20+ pounds and several inches and now need new clothes. The physician has decreased some of my medications and that has made me very happy. I am glad that this class was started and know that the rest of the class feel the same.

Jane Pearce

Thanks to Turning Point and **WIC** for providing us with funding to launch this worthy project. We were able to hire a personal trainer to begin the motivation process and we will attempt to keep her and the program going. Friendships between the participants were formed and they get together now. Each participant encourages others to come.

Barbara Trimble



Project Outcomes: as a result of the WIC Grant

1. 10 participants (diabetic or pre-diabetic), ages 50-55, registered for the program
2. Weight loss of 3-12 pounds reported for all participants at week 5 of the program
3. One elderly lady walked 2 laps around the gym without the use of her cane—she was unable to do this prior to participation in the class

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