

Crow Wing  
*energized*

making healthy choices essential

[www.CrowWingEnergized.org](http://www.CrowWingEnergized.org)

YOUR Crow Wing  
*energized* YEAR

**ENERGIZE your life. Get moving. Lose weight.**

National Diabetes Prevention Program (NDPP)

*A grassroots community movement  
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## Why is this important?

- Prediabetes:
  - “Your blood sugar level is above normal but not high enough for a diagnosis of diabetes.”

Essentia Health Webpage

- 1:3 American adults have prediabetes – That is 86 million adults!
  - 9 out of 10 do not know they have prediabetes
  - Without intervention 15%-30% developing type 2 diabetes within 5 years.

Centers for Disease Control and Prevention

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## What is the “Your Energized Year” Challenge?

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- Lifestyle change challenge
- Designed after the National Diabetes Prevention Program (NDPP)
- Led by trained lifestyle coaches
- Weekly, group support sessions for 16-weeks
- Only a \$10 fee to join the challenge and win prizes
  - If incentives/prizes are not your thing, you can join for **free!**

**This is not a quick fix or a fad diet.  
It is a a guide to a healthier lifestyle!**

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## Your Energized Year Challenge Extras:

- Free– optional group fitness events to try new workouts!
  - Takedown Gym (Baxter) on February 27 & May 21.
- Discounted local gym memberships through partnering fitness centers
  - Anytime Fitness- Brainerd & Baxter
  - Brainerd YMCA
  - Hallett Center- Crosby
  - Snap Fitness- Pequot Lakes
- Optional *Lunch and Learn* events: held weekly at the Brainerd Public Library on Thursdays at noon.
- Monday Motivator
- Brainerd Dispatch Twitter Feed

Be a part of a year long support group to help you reach and maintain your goals– it's a lifestyle, **not a diet!**

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## National Diabetes Prevention Program (NDPP):

- Evidence-Based Program
- Supported by Minnesota Department of Health & Centers for Disease Control and Prevention
- Community-based, lifestyle change program that is taught by certified lifestyle coaches
- Offers diabetes prevention education and support
- Year-long program: 16-weeks of core sessions & 6-months of post-core sessions
- 1-Hour Sessions

## Goals of Program:

1. Lose 5-7% of body weight
2. Increase physical activity in daily lives

## Benefits of Program:

- Cut risk of developing type 2 diabetes by 58%.
- Improve problem-solving and coping skills.
- Win cash prizes for those competing in the challenge.
- Create a better you!

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## Session Topics:

1. Welcome and Getting Started
2. Being a Fat and Calorie Detective
3. Ways to Eat Less Fat & Fewer Calories
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance
8. Take Charge of What's Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out
11. Talk back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You
15. You Can Manage Stress
16. Ways to Stay Motivated

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## NDPP Essentia Health- Central Region Statistics:

### **2014:**

- 93 Participants
- Average starting weight was 210lbs.
- Average weight loss was 6.4% or 14lbs.

### **2015:**

- 132 Participants
- Average weight loss was 8% or 16lbs.

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Sound like something you are interested in?

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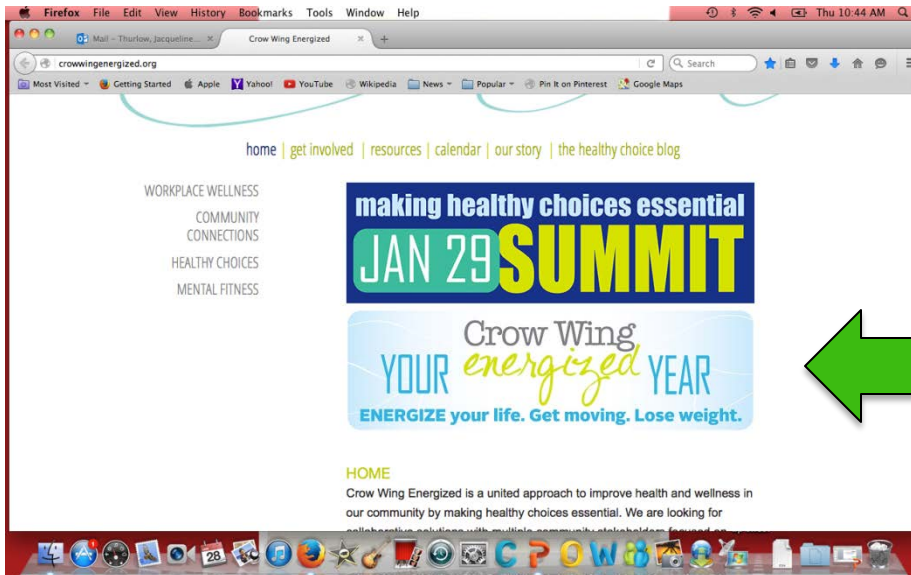
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# Sign-Up!

Go to: [www.CrowWingEnergized.org](http://www.CrowWingEnergized.org)

Click on the “Your Energized Year” Banner



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Check out the class listings below.

- Location
- Time



crowwingenergized.org/get-involved/active-living/your-energized-year/

Centers for Disease Control and Prevention called the National Diabetes Prevention Program (NDPP). There will be 16 weekly sessions and monthly follow-up sessions to support you for the remainder of the year beginning on the following dates:

- Monday, February 15 at 11:30am in Brainerd
- Monday, February 15 at 5pm in Brainerd
- Tuesday, February 16 at 8am in Brainerd
- Tuesday, February 16 at Noon in Baxter
- Tuesday, February 16 at 12:30pm in Merrifield
- Tuesday, February 16 at 4pm in Nisswa
- Tuesday, February 16 at 4:30pm in Brainerd
- Tuesday, February 16 at 6:30pm in Crosslake
- Tuesday, February 16 at 6:30pm in Nisswa
- Wednesday, February 17 at 7am in Baxter
- Wednesday, February 17 at 8:30am in Brainerd
- Wednesday, February 17 at 10am in Brainerd
- Wednesday, February 17 at Noon in Baxter (Essentia Health)
- Wednesday, February 17 at Noon in Baxter (CTC)
- Wednesday, February 17 at 2pm in Baxter
- Thursday, February 18 at 9:15am in Brainerd
- Thursday, February 18 at 11am in Hackensack
- Thursday, February 18 at 11am in Brainerd
- Thursday, February 18 at Noon in Nisswa

crowwingenergized.org/events/your-energized-year-class-wednesday-at-noon/

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## Share this information!

- Share brochures
  - There will be brochures for Your Energized Year on the information table
- Share the posters
- Share the website: [www.CrowWingEnergized.org](http://www.CrowWingEnergized.org)
- Tell everyone!

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# Tony Schiller

**SCHILLER'S**  
**BREAKAWAY** **RESULTS**

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# Wrap-Up

# Question & Answer

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got plans?



SAVE THE DATE:  
**APRIL 16th**

8:30 am – 2:00 pm  
First Lutheran Church,  
Koinania Reception Hall  
424 S 8th Street  
Brainerd, MN 56401

Keynote: Dr. Dale Anderson, M.D.  
*Helping people live longer, happier, and healthier for 50 years.*

**Learn about the best options  
and plan ahead**

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St. Joseph's Foundation

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