

BALANCE - BEWEGTER GENUSS



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Balance - bewegter Genuss
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St.-Nr.: 023 302 30096 FA Hofgeismar

The joy of moving!

BALANCE

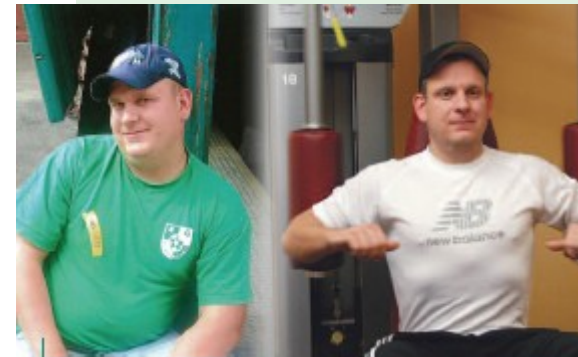
bewegter Genuss

...an annual fitness and nutrition program for participants with diabetes, hypertension and/or obesity



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MORE SUCCESS STORIES



"I was physically ready, and in my mid-20s. With BALANCE I have lost 44 lbs but I still eat with pleasure, and I feel in top shape!"

-Florian G



"My A1C was at 10.6% in May 2007, I weighed 233 lbs, taking 3 drugs a day and injecting insulin. Now I weigh 169 lbs and my HbA1C has fallen more than 5.5%, I take only one drug and no more insulin injections."

-Ulrich S.



"I am a Type 1 Diabetic in January 2009 with and HbA1C of 9.2%. Now, my HbA1C has decreased to 7.2% and I no longer have to inject I as much insulin as before. I feel free for the first time! My life is properly fit!"

-Henrike S.

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BALANCE is a program based around fitness and nutrition for people suffering from diseases such as diabetes, hypertension and/or obesity.

The participants of this program receive a comprehensive and sustained network of physicians, pharmacists and nutritional information that will help them in battling their illness. We teach our patients how to become self-sufficient in dealing with their disease to make them independent from multiple medications and balance their life with their illness to increase their quality of life. We also work with our patients to prevent secondary diseases. This can only be achieved through self-management, determination and motivation. We teach all our patients how to be self-sufficient in dealing with their disease to help them achieve and maintain their goal.

You Can Do It Too!

The success of those who have completed the BALANCE program are very impressive. Many who have gone through the one year program have discontinued taking medications, lowered their body fat percentage and improved their blood pressure significantly.

They Don't Hurt—but the consequences...

Did you know that many people who suffer from



these diseases do not even know that they have anything wrong with their health at all? These diseases (diabetes, hypertension and obesity) do not have any pain associated with them to let you know they are troubling your health. Even though you cannot foresee or feel the onset of these diseases, they do have dire consequences. These diseases can cause secondary health issues like heart attack, stroke, cardiovascular diseases, kidney failure, foot amputations and blindness. Overall, diabetes, obesity and hypertension have become so widespread in our society that they have become common. This not only has effects on our social system but also, it has long term effects on its victims because of the

restrictions that these diseases have on the people they invade. All it takes is a little physical activity and good eating to turn it all around. BALANCE can make it fun and enjoyable for you. Try it!

Self Success

Program goals:

- 1 year of fitness training (2 hrs a week minimum)
- Reading your own blood pressure, pulse and blood sugar before and after fitness routines
- 8 hours of lecture classes done by a trained Pharmacist (understanding your disease, motivation, compliance)
- 8 hours of Nutrition Education (learning healthy cooking, what is healthy, cooking healthy)

Cost

The maximum cost for the BALANCE program is approximately \$1,500.00 per year (depending on the required equipment). Insurance will pay between 80% - 90% of the total cost, leaving the out-of-pocket expense at a minimum for our patients. Participants will make three goals at the onset of the program, in order for insurance to pay for the costs of the program, at least one of those goals must be met; otherwise the participant will have to pay out-of-pocket.

Success Stories



"I've fulfilled my biggest wish! Up until two years ago I was taking at least 3 pills a day. I had bad blood pressure and was overweight. Now I only take one pill in the mornings and I feel like a new man!"

-Ulrich S.

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