

In Partnership:



Saskatoon
Community
Clinic



Central Urban Métis
Federation Inc.

Kinistin
Saulteaux
Nation



LiveWell

Optimizing Chronic
Disease Management



Contact Us:

Community Diabetes
Outreach Program

West Side Community Clinic

631 - 20th St. West

Saskatoon, SK S7M 0X8

Phone: (306) 664- 4310

"Your lifestyle, how you live, eat, feel, and think – determines your health .
To prevent disease you may have to change how you live."

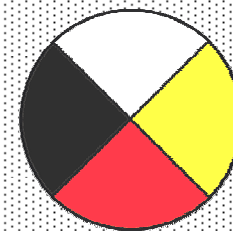
Diabetes is one of the leading chronic conditions affecting Aboriginal people. The incidents of diabetes in the Aboriginal community is estimated at 3 - 5 times higher than the general population. The exact causes of diabetes is unknown, but heredity and lifestyle are known to be the major contributing factors in its onset.

To Prevent / Delay Diabetes Onset

- **Maintain ideal bodyweight**
- **Exercise at least 3—4 times per week**
- **Eat a balanced diet**
- **Reduce your stress level**
- **Lower your cholesterol level**
- **Lower your blood pressure**
- **Be smoke free**
- **Live a balance life**
- **Have fun and get plenty of laughter**

Fitness Food & Fun

A program for people with diabetes and for people at risk of



**"Life with diabetes;
it's all about Balance"**

What is Fitness Food & Fun ?

Fitness Food & Fun is a new and exciting drop in exercise program for people living with diabetes and for people who are at risk of developing diabetes. The program offers free access to the White Buffalo Youth Lodge exercise facilities. Exercise Therapists are available to help set your exercise program. Our Aboriginal diabetes outreach worker is also available for support.

Program Information

- No exercise fees
- Free childcare
- Transportation assistance
- Healthy snack
- No costs



Where is it?

Fitness Food & Fun program initially meets at the White Buffalo Youth Lodge located at 602— 20th St. West

When is it?

Tuesday's
10:00 AM — Noon

Wednesday's
5:30 PM — 7:30 PM

Saturday's
11:30 AM — 1:30 PM

Questions?

If you have any questions please feel free to contact our Aboriginal diabetes outreach worker by telephone at: 1-306-664-4310.



Benefits of Regular Exercise

- Improved fitness
- Better posture & balance
- Better self esteem
- Weight control
- Stronger muscles
- Stronger bones
- More energy
- Reduced stress
- Sleep better

Health Risks of Inactivity

- Adult—onset diabetes
- Heart disease
- Obesity
- High blood pressure
- Premature death