

Diabetes Bundle Population-Specific Bundle

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 ACTIVE Solution for Providers
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"We saw improved behavior modifications in exercise and diet, improved clinical indicators, and many 'non-scale victories' among our patients enrolled in the MyFitScript Diabetes program" HealthStar Physicians, P.C., Practitioners/Staff

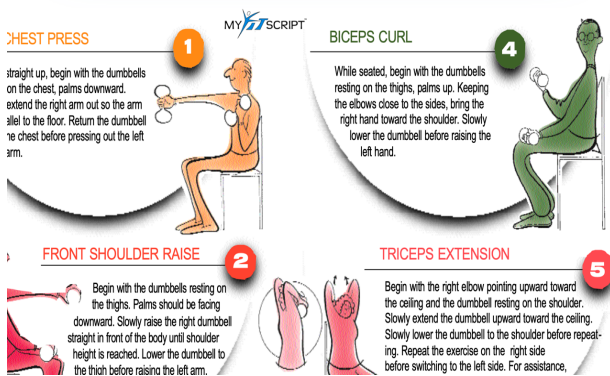


Patient/client Resources:

FitKit for Diabetes Toolkit for education, behavior change tools, goal setting, activity tracking, weight management and more!

ExRx program for adult based on guidelines for age & condition!

ExRx program for seniors based on guidelines for age & condition!



MYFITSCRIPT Diabetes

The overall goal of the exercise program is to normalize blood glucose. Exercise programming should consider medication schedule and complications. Generally, one hour of exercise requires an additional 15 grams of carbs before or after exercise. If exercise is of longer duration, 15-30 grams of carbs every hour may be necessary. Monitor blood glucose before/after exercise. Consume adequate fluids before, during, and after exercise. Wear proper fitting shoes and cotton socks. If you experience symptoms of dizziness, light-headedness, faintness, confusion or fatigue, stop exercising and contact your physician immediately.

<p>WARM UP</p> <ul style="list-style-type: none"> • Warm-up 5-10 minutes • RPE 6-10 <p>MUSCULAR STRENGTH</p>	<p>AEROBICS</p> <ul style="list-style-type: none"> F. • 5-6 days per week L. • RPE 11-14 T. • 30-40 minutes E. • Walking, cycling 	<table border="1" style="border-collapse: collapse; width: 100%;"> <tr> <th style="padding: 2px;">Borg RPE Scale ®</th> </tr> <tr> <td style="text-align: center; padding: 2px;">6</td> </tr> <tr> <td style="text-align: center; padding: 2px;">No exertion at all</td> </tr> <tr> <td style="text-align: center; padding: 2px;">7</td> </tr> </table>	Borg RPE Scale ®	6	No exertion at all	7
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Energy Pathways for Individuals With and Without Diabetes

Goal Setting

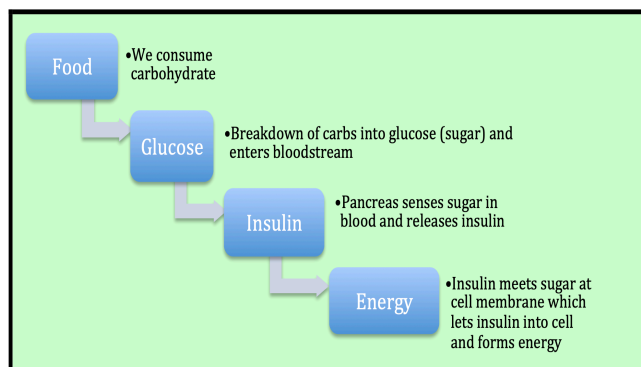
The first thing you want to know when goal setting is where you are.



The second thing you want to know is where you want to be.

The connection between the two are the steps you will take to get there.

Individual without Diabetes



Provider Resources

2 PowerPoint presentations for learning and teaching! Self-learning modules or schedule for interactive virtual learning!

FitKit for Diabetes Toolkit is also a great resource for provider education and P2P (provider-to-patient) follow up.

