

REAL Diabetes ControlSM eNews

A News Source for People Who Take Active Control of Their Diabetes.

Coaching People with Diabetes

“Coaching” is quickly becoming the buzzword of the decade!

The coaching concept has moved, with a vengeance, from the athletic field into the homes and lives of everyday people. An enthralled America tunes into the television primetime lineup to follow inspirational weight loss stories from across the country. Television cameras follow “regular people” around as they are transformed into whatever it is they dream of becoming – ballroom dancers, football team cheerleaders, national singing sensations!

Today it is not just elite athletes or television stars who experience the tremendous benefits (and FUN!) of professional coaching. Even those of us living with diabetes have the option of connecting with a specialized coaching team to help us meet our fitness and nutrition goals. A unique online resource called Fitness4Diabetics brings together a team of Certified Diabetes Educators and experts in the fields of fitness, nutrition, wellness & prevention. This team of experts works to design goal-oriented programs for persons who are living with diabetes. Fitness4Diabetics has taken the coaching concept one step further by making this team of experts available to persons with diabetes, *wherever* they may be, *whatever* their fitness & nutrition goals!

Join us over the next few months as we follow the personal stories of 2 insulin pumpers (and their coaches!) as they challenge themselves to the tremendous goal of participation in a [JDRF Ride](http://ride.jdrf.org/2007rides.html) (<http://ride.jdrf.org/2007rides.html>). Throughout the process our pumpers will receive coaching services with personalized exercise and nutrition guidance from the Fitness4Diabetics team.

The Ride to Cure Diabetes is a unique and exciting way to fight diabetes. Participants choose from one of five amazing Ride locations and bike for their choice of distance (usually between 30 and 100+ miles) to raise money for the Juvenile Diabetes Research Foundation International (JDRF). The Rides take place between June and October, over breathtaking and challenging terrain from Sonoma California to Big Sky Montana to the Smoky Mountains to Death Valley. As you can imagine, the training and preparation process for this type of physical challenge is the key to success – with or *without* diabetes!

The Juvenile Diabetes Research Foundation (JDRF) has partnered with Fitness4Diabetics to provide Ride to Cure Diabetes participants access to additional expert coaching and personalized exercise/nutrition guidance. Fitness4Diabetics coaches also address the specific challenges faced by Ride participants who have Type 1 or Type 2 diabetes.

“Fitness4Diabetics.com is delighted to support the Juvenile Diabetes Research Foundation and its riders in their exciting Ride to Cure Diabetes experience. Our coaches are committed to making the Ride a fulfilling and rewarding experience” said David Weingard, Founder and CEO of Fitness4Diabetics. David is a successful (*pumping!*) Type 1, Ironman Triathlete, who himself has raised significant funds for JDRF diabetes research.

Stay tuned to this ongoing segment of the [Real Diabetes ControlSM eNews](#) to watch the Fitness4Diabetics coaching programs unfold for our featured pumpers. Learn their stories. Share in their experiences - the ups, the downs, and the stable numbers in-between! Hear their coaches’ perspective, as well as their own, as they train for this admirable venture. Perhaps *you* will use that “temp basal” and ride alongside!

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