

REAL Diabetes ControlSM eNews

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

Coaching People with Diabetes

Second in a series highlighting the benefits of fitness & nutrition coaching programs provided by Fitness4Diabetics.com to insulin-pumping cyclists with diabetes who are preparing for a JDRF Ride to Cure!

Miles of asphalt pass under the tires of a road bike, powered by pedal stroke after pedal stroke, driven by determination. That persistent white line rolls along to the left, and the edge of the road reaches playfully over from the right. Another training ride whose miles are logged in preparation. Another chance to practice endurance training nutrition, hydration, blood sugar balancing techniques. All a part of the preparation. Despite the challenge to working muscles, to breathing technique, to the cardiovascular system, in an odd way the passing miles are a moving meditation, with a mission! These cyclists are in training for a JDRF Ride to Cure Diabetes Century Ride. In late August they will each face a planned 100 miles on the saddle of a bike, along the roads and over the challenging terrain of Big Sky country Whitefish, Montana. This heroic team effort raises money for the Juvenile Diabetes Research Foundation International, towards a cure for Type 1 diabetes. Our cyclists are heroes not only for training and riding in this amazing endurance event... but also for the fact that they each face this challenge while living with and balancing diabetes themselves - every day, every pedal stroke, every mile.

Dan Lobdell was diagnosed in May of 1993 at the age of 37. Dan shares, "There was no known history in my family. When diagnosed, because of my "advanced age" I was told that this must be type 2 and was therefore initially treated with oral meds. Needless to say, my sugars did nothing but rise! After about a month, I was handed that famous "orange and syringe" and was told to practice. Some eight years later, I decided that I wanted real control and went on a pump."

Dan became involved in the JDRF shortly after he was diagnosed and has held several offices including the Chapter President in Boston, and has also held several committee positions at the National level. It has been a wonderful association. Over the past several years one of his national JDRF colleagues (Mr. Lorne Shiff from Toronto) challenged him to participate in the Ride to Cure program.



*Dan and his daughter
Oliva in May of 2006*

"Last year, we both agreed that it was to be our breakout year! We chose to train for and participate in both the May 2006 Death Valley Ride, and the September 2006 Asheville North Carolina Ride. These were both incredible "life changing" events! This year, I am riding in the June Sonoma California Ride and the August Whitefish MT Ride. All of the Rides are one day, 100 mile rides – at least 8 ½ hours in the saddle." And hundreds of training miles, blood sugars, and basal adjustments in preparation!

This year Dan has the additional support of Fitness4Diabetics.com - a specialized team of CDE-level coaches (exercise physiologists, dietitians, RN's and personal trainers) who have teamed with him and with the JDRF to support training and preparation efforts. Fitness4Diabetics conducted an extensive intake assessment and is providing Dan with an individualized exercise & nutrition plan, to help him achieve his goals.

"At the outset, I thought that managing my diabetes would be the biggest challenge – again, 8 ½+ hours on a bike, at least in my opinion, was a big challenge (what a wonderful opportunity for continuous glucose monitoring!). I also realized that carb and electrolyte intake during endurance cycling were also going to be a challenge. The coaching I am receiving via Fitness4Diabetics is providing support towards all of these issues."

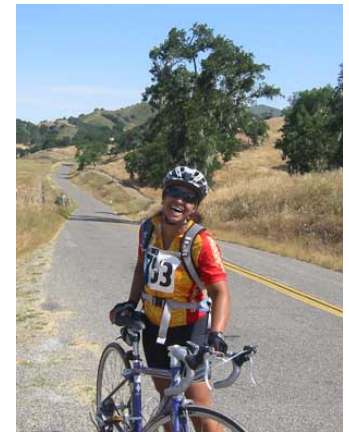
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Dan continues, "For me, with the support of my healthcare providers, use of an insulin pump makes blood sugar control much easier and much more precise. During my training, I focus on understanding the impact of cycling on insulin consumption and what adjustments need to be made on my pump. By the end of the Asheville Ride, I was running at 20% of my standard basal rate, as a result of the endurance exercise. And my blood sugar was in great control!"

Jen Davino has had Type 1 diabetes for eleven years and is also now controlling her diabetes via insulin pump therapy. She too is a returning JDRF Ride to Cure participant, with an infectious smile! Last year, she was inspired to join the *Ride to Cure Diabetes* in order to give herself a new, personal challenge.

"This experience not only gave me a sport to love, but also helped me to make new friends and become more involved within the diabetes community. Through my involvement with JDRF, I learned of the Fitness4Diabetics coaching program for people with diabetes. Because they aren't just regular trainers/nutritionists [they *specialize* in working with diabetics], I know that their coaching will help me get a better handle on my exercise regimen, nutrition and overall diabetes management. My goal is to become a better athlete *and* gain more understanding and control of my diabetes - so that I can give back to the diabetes community in the same capacity that it has given to me."



Jen and her bike in Carmel, California

Jen shares with us her coaching experience with the Fitness4Diabetics team:

"Once I decided to take advantage of this coaching opportunity, I was emailed the initial paperwork I would need. There were 3 pages of questions to fill out on everything you could think of relating to diabetes, food, exercise, habits, physical abilities/limitations, medications and any goals I had. A clearance form and information on the program was then sent over to my endocrinologist."

"Initially, I was a little concerned about my responsibility of tracking exercise/food/blood sugars because I HATE having to write things down. However, once I started doing it I realized it really does make a difference because I was able to notice changes in my BS and the foods I was eating and how it related to the exercise I was doing."

"My coaching experience thus far with Fitness4Diabetics has been really great. It's one thing to have your own CDE and keep your appointments with them but it's another thing to be able to have constant communication with a trainer/CDE/nutritionist. I'm receiving exercise training plans and am currently working on developing an aerobic base. I'm riding sprint intervals and working on hills to improve my climbing."

"I was not sure what to expect from an on-line coaching program but after a few weeks I feel like I am really noticing some changes in how I adjust my food/insulin and in understanding the *how & the why's* of exercise and diabetes. It helps to do coaching on-line because there isn't enough time in the day to go everywhere. To be able to read an email while you eat lunch makes it easy, and then you can apply it when you go bike riding/exercising later in the week. Plus it's written down so if you forget you can just go back to the email."

JDRF's Ride to Cure has amazing people who work tirelessly for the cause. Jen summarizes it well: "As soon as you go to your first ride you are hooked...not because of the great scenery you ride through but because of the people you meet, and the stories you hear. You bond with the other riders because you are working together to get through those miles. You walk away touched from the experience and looking forward to the next year's ride."

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