



## Geri-Fit Program Helps Manage Diabetes

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The cities of Temecula and Menifee have been chosen as the two top cities in the Inland Empire area that will be launching the Geri-Fit Company's new Lifestyle Change Program in 2018. The Geri-Fit program, now in its sixth year in California, is an evidence-based health promotion program for older adults. Geri-Fit is one of seven EBPs that are recognized by the Administration on Aging, the Administration for Community Living, and the National Council on Aging at meeting the highest criteria as a disease prevention health promotion program.

Chronic Disease Self-Management is quickly becoming one of the most talked about subjects these days especially with the new funding that the State of California just recently received. "As a resident of Temecula, and an advocate for diabetes prevention, I wanted Temecula to be one of the first locations to add to the CDC's website for diabetes management and prediabetes prevention. This is a nationwide initiative to stop, halt and reverse Type 2 diabetes and keep prediabetes at bay," states Francesca Fisher, founder and CEO of Geri-Fit.

Beginning January, 2018, the company will be working with local medical groups and hospitals to recruit new students in its lifestyle change program. Participants need to be at least 65-years-old and will provide their A1C levels, height, weight, blood pressure, and a diabetes risk test upon enrollment. Students that have been diagnosed with prediabetes or Type 2 diabetes by their doctors, and have agreed to participate in a lifestyle change program (continuous exercise with Geri-Fit for a year), will be accepted into the program. The goal is for every student to achieve a 5% weight loss by the end of 2018.

"To be recognized by the AoA/ACL as an evidence-based diabetes self-management support program is a big achievement for our company and a step in the right direction for preventive health," adds Fisher. "We are hoping to reach more people that have been diagnosed with prediabetes or Type 2 diabetes so that they can help better manage their disease and live a longer and healthier life."

Geri-Fit classes are offered FREE to those with Medicare Advantage plans that include Silver Sneakers and Silver&Fit. To find out if you qualify for free classes, call the Geri-Fit Company at 1-888-GERI-FIT x1 or visit [gerifit.com](http://gerifit.com) for more information.