

An estimated 300,000
New Zealanders have
diabetes. Nearly 40 people
per day are diagnosed with
diabetes and 1 in 4
New Zealanders
have pre diabetes



kickstart

**Lifestyle
Exercise
Programme**
for people with
pre diabetes
and diabetes



[ycentral.nz/
targetedhealth](https://ycentral.nz/targetedhealth)

Get involved

Call Debbie on: **04 527 3380**

Or visit our website to register

Alternatively ask your family doctor or nurse for
a referral



Starts: Mon 26 May 2025

Time: 6 - 7pm

5 week programme \$40.00



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targetedhealth](https://ycentral.nz/targetedhealth)

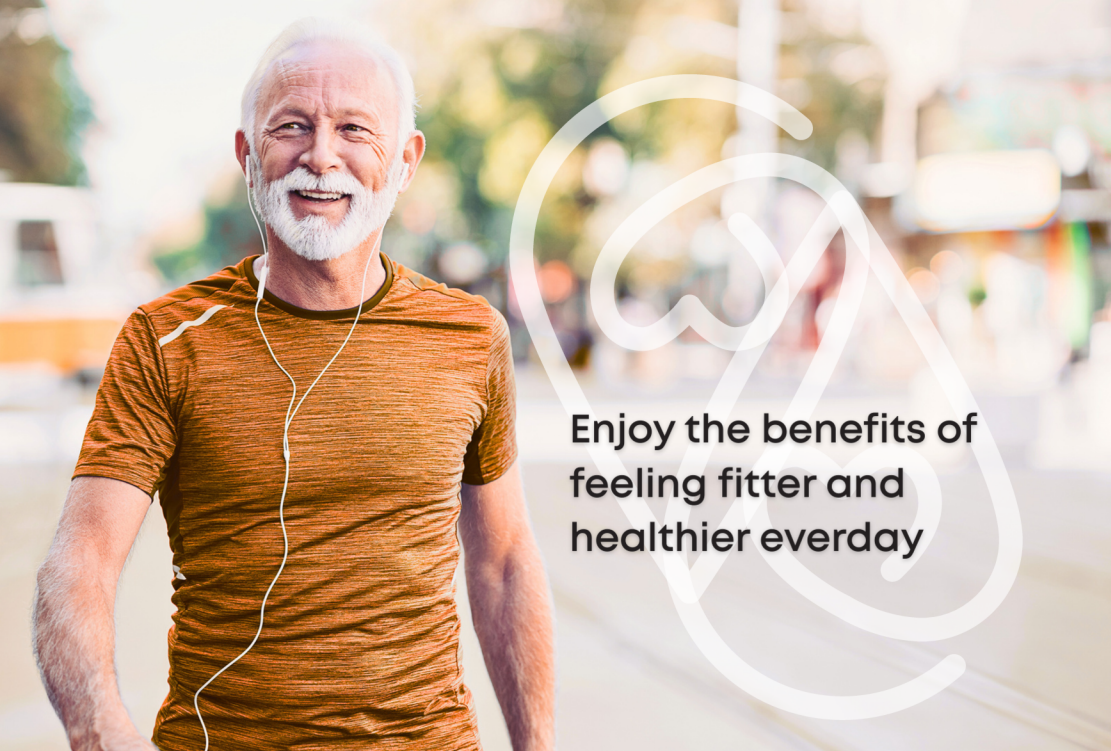
The Y Upper Hutt Gym

Somme Rd, Trentham, Upper Hutt

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**Enjoy the benefits of
feeling fitter and
healthier everyday**



5-week exercise and lifestyle programme for people with diabetes, facilitated by Y Central.

Type 2 Diabetes

Is the most common form of diabetes. For many people the effect of diabetes can be managed by following a healthy lifestyle. Y Central is committed to providing members with a specialised exercise and lifestyle programme, to help manage their diabetes and assist to live happier, healthier lives.

What we provide

- A variety of exercise sessions, led by an exercise professional
- A broad-range of physical activities tailored to your ability and fitness level
- Join in the education sessions about increasing physical activity, improving diet, healthy food choices, goal setting, behaviour change, and foot care
- We encourage peer and family participation
- Learn more about your diabetes, and how exercise can help

Who is Kickstart for?

- Anyone 15 years of age and older with type 2 diabetes or pre-diabetes, or high at risk.
- People who are interested in making a lifestyle change.
- People who are able to be somewhat physically active (more) everyday

