

# Diabetes Empowerment Week

NOVEMBER 10<sup>TH</sup> - 17<sup>TH</sup>

## MOVE FROM OVERWHELMED TO EMPOWERED

Woven into Hilton Head Health's JumpStart program, the Diabetes Empowerment Week will provide registrants an opportunity to kick-off their weight-loss and wellness journey while mastering special lifestyle concerns related to their diabetes management. This unique wellness offering will feature a fun and informative week of lectures and workshops aimed at simplifying diabetes self-care. The H3 Diabetes Empowerment Week is the perfect way to boost your self-confidence with a renewed and inspired commitment to your health in 2019!

### NUTRITION 101

#### Build a Strong Foundation

Nowadays, keeping up with nutrition guidelines can be confusing and overwhelming. Whether you are looking to improve your carb awareness skills or working on mastering carb counting, it all starts with a solid nutrition foundation. This lecture will simplify information regarding nutritional guidelines for diabetes while taking into consideration the fact that nutrition is personal and it's not merely one size fits all.

### OVERCOMING DIABETES BURNOUT

#### Co-presented by Erin Risius:

Diabetes burnout is a very personal experience and the struggles can take many shapes. This session will provide guidance to help you identify the signs and triggers of burnout and will discuss coping strategies to help move from burnout to better self-care. Professional and peer support resources are included.

### SEEING IS BELIEVING

Join H3's Registered Dietitian/Certified Diabetes Educator Elizabeth Huggins, in our state-of-the-art Healthy Kitchen for a hands-on look at carb counting and portion control strategies that can help you get a better handle on your blood glucose levels. Meal planning ideas, as well as tips and tricks of the trade for preparing delicious, nutritious, diabetes-friendly foods, will be shared.

### DEVELOPING YOUR FITNESS STRATEGY

It is well known that consistent physical activity is beneficial for helping to control diabetes, but do you have a strategy that will set you up for success? This lecture will break down types of activity, intensity levels, and frequency as it relates to fitness and diabetes to help support your health goals. Safety concerns specific to diabetes such as hypoglycemia, hyperglycemia, and foot care will be addressed to keep you moving at your personal best.

### TECH IT OUT - LUNCH & LEARN

Come learn what's new in diabetes technology. With rapid innovations in diabetes management, it's difficult to keep up. This session will showcase some of the most current apps, blood glucose meters, sensors, pump technology and tools that can help to make managing diabetes easier.

### MAKING THE MOST OF YOUR DOCTOR'S VISIT

When it comes to diabetes care, there is so much to learn and sustain. The average doctor's visit lasts only 15 minutes, so the best thing you can do is be prepared and actively participate in your appointments. Come learn important tips focusing on how to prepare for and maximize your appointments.

## Featured Speakers



### ELIZABETH HUGGINS

Elizabeth Huggins is a Registered Dietitian, Certified Diabetes Educator® and has a master's degree in exercise and sports science. She has experience as a clinical exercise physiologist in cardiac rehab and coordinated Hilton Head Hospital's Diabetes Education program where she maintained program Recognition status through the American Diabetes Association for over 16 years. She remains passionate about helping people with diabetes live a healthy life, continues to consult as a certified insulin pump trainer and volunteers at a diabetes youth camp.



### ERIN RISIUS

Erin has over 20 years of experience in the health and wellness industry and is passionate about helping people to empower themselves in body and mind. Erin provides individual wellness counseling for guests and teaches mindfulness and stress management. Erin also helps guests find a balance between the sense of urgency that often comes with weight loss goals and the overall need for sustainable self-care.



# Diabetes Empowerment Week

## SAMPLE WEEKLY SCHEDULE

Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Beach Walk					
7:30 AM	BREAKFAST					
8:00 AM						
8:30 AM						
9:00 AM	<b>Orientation</b> (1st week) Treading 20/20/4 Cardio Hydro Circuit (Pool)	Treading Cardio Boxing Aqua Zumba (Pool)	Treading Aqua Intervals (Pool) Big Band Cardio Blast	Treading Zumba Hydro Circuit (Pool)	Morning Stretch Barre Fit Aqua Resistance (Pool)	Treading Yoga on the Beach Bands, Balls & Bar
9:30 AM						
10:00 AM	Aqua Tabata (Pool) Barre Fit	<b>Overcoming Diabetes Burnout</b>	<b>Seeing Is Believing</b>	Deep Water Intervals (Pool) Yoga for Bone Health Medicine Ball	Pilates on the Ball Treading Cardio Boxing	Aqua Zumba (Pool) Low Impact Aerobics
10:30 AM						
11:00 AM	FitBite					
11:30 AM	<b>Mastering Motivation</b> Deep Water Balance (Pool)	<b>Setting Yourself Up for Success</b> Intro to Swimming (Pool)	<b>Nutrition for Health</b> Recipe Makeover (H3\$)	<b>Portion Control</b> Yoga Nidra	<b>Staying on Track</b> Intro to Meditation Pilates for Back Strength	Water Class Pilates Posture
12:00 PM						
12:30 PM	LUNCH Thermal Walk			<b>Tech It Out Lunch &amp; Learn</b>	LUNCH Thermal Walk	
1:00 PM						
1:30 PM	<b>Nutrition 101, Build A Strong Foundation</b>	Lecture Application				<b>Developing Your Fitness Strategy</b> Recreation Activity (H3\$) <i>varies weekly</i>
2:00 PM		30 Minute Core	Tabata Fitness	TRX Tabata	Setup for Success	
2:30 PM	Aqua Resistance (Pool) Intro to Yoga	Intro to Pilates Tabata Fitness	Barre Fit Cardio Core Circuit	Aqua Resistance (Pool) Cardio Strength Circuit	<b>Wellness Lecture</b> Low Impact Aerobics	Water Fitness (Pool) Dance Fit
3:00 PM						
3:30 PM	Beach Walk Fitball Strength Cardio Core Circuit Open House: Recovery	<b>Tips to Curb Nighttime Eating</b> Beach Walk Resistance Band	Beach Walk Deep Water Conditioning (Pool) Roll It Out	Beach Walk Yoga in the Pool Fitball Strength	Beach Walk Barre Aqua Aerobics (Pool)	Absolute Aqua (Pool)
4:00 PM						
4:30 PM	<b>Habits of Successful Weight Managers</b> Water Balance & Stretch	<b>Prioritizing Self Care</b> Cooking Demo (H3\$) Yoga Nidra	<b>Developing Your Fitness Strategy</b>	<b>Creating Your Stress.O.S. Toolbox</b>	<b>Making the Most of Your Doctor's Visit</b>	<b>Cooking Demo</b> (H3\$)
5:00 PM						
5:30 PM	<b>Attendee Meet &amp; Greet</b>					
6:00 PM	DINNER Thermal Walk					
6:30 PM						