

## Participant Testimonials:

**“I had a firm grasp of ‘calories in/calories out’, but without the structure of the group, with its built in support system, I just couldn’t do it on my own. In the YMCA’s Diabetes Prevention Program, we learned to not let a slip become a relapse and to not beat yourself up: instead, we learn about living a balanced life in which healthy eating and exercise play a big part. I’m down 43 pounds and plan to loose more by the end of the year.”**

**-Allison F., Washtenaw County Resident**

**“This [program] was perfect for me. I’m someone who needs a class: it keeps me honest! I am now taking ownership for the fact that I was over-eating. I get challenged by my classmates to show up, and I just feel more competent, which makes me want to come even more. Since beginning the program I’ve lost 35lbs!”**

**-Olivia J., Washtenaw County Resident**

**“I had tried pretty much every program out there, and this program worked for me because it was simple. During the first four months, I was given the tools needed to lose the weight and the support of the group to help me when I was struggling. We bounced strategies off of one another to help through the really had parts. During the maintenance phase, I was able to go over these strategies and revisit them: I had all the resources and support I needed to keep me on track. Since beginning the program I’ve lost 20% of my initial body weight, and I’m going to keep it off!”**

**-Carol G., Washtenaw County Resident**