

# *You can Beat Diabetes with Lifestyle Changes*

*Full access to trainers  
TWICE a week!*

*Meet with a **REAL**  
nutritionist!*



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*Make it happen with **BALANCE!***

*First American trial of BALANCE begins on November 1, 2008  
at all*

**FITNESS  FIRST**  
HEALTH CLUBS

*Applications are available through Fitness First or [Alanasugar.com](http://Alanasugar.com)*

To Qualify, you:

- Must be at least 21 years of age
- Need to have a diagnosis of diabetes, pre-diabetes, high blood sugar or metabolic syndrome
- Accepting people with high blood pressure and obesity
- Have a Body Mass Index between 28 and 40
- Are not pregnant
- Do not have cancer, and have been cancer-free for 5 years
- Are highly motivated and will commit to dietary and exercise changes for 1 year



For more information, please contact General Manager,  
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