

Sinai's Diabetes Exercise Program: A Good Fit for Seniors with Diabetes

STOUGHTON, MA – It's a fact – seniors with diabetes don't get enough exercise, even though studies show that exercise can help improve their overall health. At Sinai, you can begin an exercise program and enjoy the company of other seniors in the Diabetes Exercise Program for people with type 1 and type 2 diabetes. With our small class size, (average of just six participants per class) you'll get personal attention from an experienced exercise physiologist who is also a certified diabetes educator. Even if you haven't exercised for years, you can begin with gentle but effective exercises in a safe and supportive environment where you'll feel important every step of the way. Stick with the program and you can make real progress by the end of the six-week session.

The program runs on a rolling admission; participants can enter anytime. Classes meet twice a week at times that work best for you and only costs \$150 for 6 weeks, about \$11 per class, much more economical than most gym memberships. For more information, please contact (781) 297-1385.

The Diabetes Center at New England Sinai Hospital serves patients desiring the most current diabetes care available, including people previously diagnosed with diabetes whose condition has changed, or who would like a second opinion on treatment options or education or care by a diabetes specialist, and families of those diagnosed with diabetes. The American Diabetes Association has recognized Sinai for Quality Patient Education since 1993.

New England Sinai Hospital is a 212-bed, non-sectarian, not-for-profit, long-term acute-care hospital with its main campus in Stoughton, MA and inpatient satellite units in Boston and Dorchester. Recognized as a regional leader in pulmonary, medically complex and acute rehabilitation care, Sinai also offers a wide range of outpatient programs and services. Sinai is a teaching affiliate of Tufts University School of Medicine..