



# HEALTH HIGHLIGHTS

OCTOBER 2024 - Athlete Stories

## WEST BOUNTIFUL WALKING CLUB KEEPS STEPPING



The small but mighty club of all ages and abilities continued to meet even as fall temperatures dropped and there was less evening light! Every week they walked, ran, played tag, scootered, skated or pushed their strollers for an hour of fun. Since starting in September they've walked over 10 miles, developed new friendships, and seen some incredible sunsets! The club will be taking a break over the winter, and all are excited to return to the park next Spring for more walking fun!

## COLUMBUS FITNESS CLUB BUILDS STRENGTH & BALANCE

The largest fitness club in the state continues to improve each week as they work on building strength and balance skills. Across the board, all participants have improved their balance significantly. In fact, during their last class, not a single participant fell during the 5 second single leg balance! The group loves to do their strength routines with agility hoops, lots of hoots and hollers, and a good 80s playlist.



## STOP DIABETES ATHLETES IMPROVE THEIR HEALTH



Two best friends, Dan & Daniel, who received FitBits as part of the STOP Diabetes program have started to see health improvements thanks to their daily step and sleep competitions!

Dan's caregiver, Chris, says, "My brother Dan has been struggling with diabetes for several years now and has taken several different educational classes recommended by doctors over the years, without much success for him."

"Daniel does not have diabetes but was able to attend as a peer or education partner since Dan and Daniel spend almost all waking hours together. The class was able to get through the idea of what habits can be changed to help with his health and help him understand why it is actually important."

"The boys were provided their own 'Fitbits' which may have been the perfect thing for both of these athletes. It gave them the inspiration to put down the games and get up and move. They use the steps counter and sleep tracker to compete daily on who can outpace the other. Neither of the boys have shown any interest in getting out and walking prior to this class (AT ALL)."

"Dan now knows and actually understands that there is a healthier way to eat food all BECAUSE OF THIS CLASS. For myself as his fulltime caretaker this class also helped me understand how to better assist Dan on how to buy and eat healthier. This class alone actually made ME realize that I was his enabler and did not realize the negative impact I was having."

"Since starting this class Dan's AC1 levels have dropped by 2 full points which is very exciting since again this class is the one that helped Dan understand the importance of being active and eating healthy."

Dan & Daniel will be helping SOUT provide the STOP Diabetes class to their basketball team. If you want to learn more, contact us at [health@sout.org](mailto:health@sout.org).