



Steps to Reach Individual Diet and Exercise Solutions™

## A Healthy Lifestyle Diabetes Prevention Program



Ready to make your lifestyle healthier?

Want to prevent diabetes?

**Join STRIDES and let us help you  
succeed on your journey**

[metrohealth.org/STRIDES](https://metrohealth.org/STRIDES)

**STRIDES** is a year-long group lifestyle change diabetes prevention and weight loss program where you learn:

- Healthy eating
- Active living
- Healthy behaviors to reach your goals

### **Start where you are!**

Pick your steps (goals) and travel at your pace to fit who you are, what you like, and how you live.

### **Weekly classes held Online and In-Person**

**Flexible times** – choose what day and time fits your schedule each week

### **Weekly 1 on 1 coaching**

Focus on what is important to YOU

### **App/online portal**

Track progress. Discussion board for group support.

### **Optional monthly Weigh-in Wednesday sessions**

We help if you “aren’t good with technology!”

### **Attendance Commitment**

- |                    |   |  |
|--------------------|---|--|
| <b>Months 1-6</b>  | ✓ | Attend 16+ weekly group sessions with individual guidance  |
|                    | ✓ | Make & manage a personal eating plan and activity plan each month  |
| <b>Months 7-12</b> | ✓ | Attend at least 1 session per month  |
|                    | ✓ | More attendance results in learning more deeply and moving forward with weight loss and healthy living to avoid diabetes and other health conditions |

### **Eligibility**

STRIDES will assist in checking with your insurance provider to determine coverage. Self-pay options available.

### **JOIN NOW and find out just how great healthy feels!**

Call 216-778-2363 or email [STRIDES@metrohealth.org](mailto:STRIDES@metrohealth.org).  
[metrohealth.org/STRIDES](https://metrohealth.org/STRIDES)

**connect @metrohealthcle**



**MyChart**  
metrohealth.org/mychart