

Medtronic and Fit4D Partner to Profile Diabetes Coaching



Medtronic and Fitness4Diabetics (Fit4D) have partnered, to share with the diabetes community, the personal stories of two insulin pumpers as they challenge themselves as part of the JDRF Ride to Cure Diabetes. The stories of these phenomenal individuals and how they coped with their diabetes – are included on Medtronic’s Real Diabetes Control web site (www.realdiabetescontrol.com) and published within Medtronic’s e-newsletters.

Throughout the process the pumpers receive coaching services with personalized exercise and nutrition guidance from the Fit4D team.

The Ride to Cure Diabetes is a unique and exciting way to fight diabetes. Participants choose from one of five amazing Ride locations and bike for their choice of distance (usually between 30 and 100+ miles) to raise money for the Juvenile Diabetes Research Foundation International (JDRF). The Rides take place between June and October, over breathtaking and challenging terrain from Sonoma California to Big Sky Montana to the Smoky Mountains to Death Valley. As you can imagine, the training and preparation process for this type of physical challenge is the key to success – with or *without* diabetes!

The Juvenile Diabetes Research Foundation (JDRF) has partnered with Fit4D to provide Ride to Cure Diabetes participants access to additional expert coaching and personalized exercise/nutrition guidance. Fit4D coaches also address the specific challenges faced by Ride participants who have Type 1 or Type 2 diabetes.

Stay tuned to this ongoing segment of the Real Diabetes ControlSM newsletter and web site (www.RealDiabetesControl.com) to watch the Fit4D coaching programs unfold for our featured pumpers. Learn their stories. Share in their experiences - the ups, the downs, and the stable numbers in-between! Hear their coaches' perspective, as well as their own, as they train for this admirable venture. Perhaps *you* will use that "temp basal" and ride alongside!