

## Fit4D Announces Enhanced Product Offerings for People with Pre-Diabetes, Type 2 Diabetes, and Type 1 Diabetes

February 15, 2011

*Fit4D Diabetes Educator Inside Program offers Educational Content, Engaging Interactive On-Line Community and Personalized Nutrition, Fitness and Wellness Support from Healthcare Professionals who are Certified Diabetes Educators*

**New York** ( PRWEB ) - Fit4D today announced a suite of enhanced programs as assets for pharmaceutical, health and wellness companies to empower people through education and the motivation needed to manage their diabetes, improve their health, and decrease the costs of diabetes-related healthcare.

These programs, branded as “Fit4D Diabetes Educator Inside”, leverage technology to connect its coaching teams, comprised of dietitians, exercise physiologists, nurses and pharmacists who are also certified diabetes educators (CDEs), with people across the country.

“Living with diabetes is not easy. Food, activity, medications and lifestyle continually interact to impact blood sugar levels throughout the day,” said David Weingard, CEO of Fit4D, who lives with Type 1 Diabetes. “Maintaining blood sugar levels is the key to good health and longevity for people with diabetes, so it is critical that we scale delivery of valuable and comprehensive behavioral support to the millions of people who must cope with these challenges on a daily basis.”

Fit4D Diabetes Educator Inside creates valuable, meaningful and personalized experiences for people with diabetes and is offered directly, or through its strategic partners, to improve adherence to therapy and associated clinical outcomes.

More information is available at [www.fit4d.com](http://www.fit4d.com)

Diabetes – A Major Lifestyle and Public Health Issue

An estimated 26 Million Americans have diabetes and another 79 Million have pre- diabetes. If trends continue, 1 in 2 Americans will develop diabetes by 2020, and those with diabetes will lose, on average, 10–15 years of life. Diabetes is costing America over 174 Billion per year and people diagnosed with diabetes have medical expenses that are about 2.3 times higher than medical expenses for people without diabetes. The CDC predicts that the number of new diabetes cases each year will increase from 8 per 1,000 people in 2008, to 15 per 1,000 in 2050.

More than 85 percent of people with type 2 diabetes are overweight. Studies show that lifestyle changes can prevent the onset of type 2 diabetes among those at high risk. For those with pre- diabetes, lifestyle changes, including at least 7% weight loss and at least 150 minutes of physical activity per week, can reduce the onset of type 2 diabetes by 58%.

To learn more about the Fit4D Diabetes Educator Inside, please email inquiries to [info\(at\)fit4d\(dot\)com](mailto:info(at)fit4d(dot)com) or call 866- 411- 0254 x704

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