

Deal to **DIABETES**

by Paul Richards
CEO CLUB PHYSICAL NZ

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A challenge to opinion

I respect the medical profession in New Zealand along with the research that has led to its opinions. I do not purport to give ‘false hope’ to those with this potentially devastating disease. Teresa Cleary of Diabetes NZ Auckland reports that

“at the time of diagnosis with type 2 diabetes it is estimated that the individual has lost the function of approximately 50% of the insulin making cells in the pancreas. This loss continues over time which is why Type 2 diabetes is considered progressive. The typical pattern is that lifestyle measures (if adopted!) are sufficient at first but gradually over time medication is introduced including insulin in some cases. (It is currently estimated that 50% or more people with type 2 diabetes will need insulin 10 -12 years after it is diagnosed). Lifestyle measures can be hugely effective in normalizing blood glucose levels but cannot restore lost beta –cell function. Blood glucose levels as close to normal as possible should be the goal of everyone with diabetes as this delays and reduces the damaging complications of diabetes”.

But the reason this booklet has been written is to positively motivate YOU. There are new lifestyle habits that you can adopt that can radically improve your lot, extend your life and increase your energy and your happiness.

Men's increasing waistline linked to Type 2 diabetes



A new study supplies more proof that those 'love handles' and 'spare tires' need to go. Researchers say a man's waist size beats his (BMA) body mass index in predicting whether he'll develop type 2 diabetes.

If your waist is 87-91cms, 91-96cm, 96-100cm and 101-157cm you are two, three, five and twelve times more likely, respectively, to develop diabetes.

Source – American Journal of Clinical Nutrition March 2008

'If you think you can or if you think you can't, you're right!'

Our minds have a more powerful effect on our health than most people ever imagine. A few years ago a US Railroad staff trainer was very busy with the responsibility of inducting hundreds of new employees to the company. As part of his induction he warned each to avoid being locked in the 'freezing wagon'. He taught each that 'you would survive just 3 hours', freeze to death and run out of air.

One day the Trainer was conducting some work inside the freezing wagon himself on a stationary train. Suddenly, the train shunted forward slightly and the door closed on the shocked man. Sadly he scratched his final words to his wife and family on the freezer wall and was found dead the following day.

Strangely, authorities investigating the event found that there was actually enough air in the compartment for three days supply. And the freezer, well unknowingly to the Trainer was not turned on that day.

What you 'think' does have a powerful effect on your health?

I was told that once you have the deadly Type 2 diabetes, you have it for life. If statements like this lead you into believing that you're on a one-way road to the end, you're wrong. The GOOD NEWS is



that you can defeat Type 2 diabetes and send it cowering to the trenches. According to experts, it may well then be hidden, out-of-site and waiting for you to get lazy and ditch your exercise programme. But indications are that if you remain ACTIVE, you'll be the one in control!

Your future is firmly in your hands as I'll show you with a few examples here.

Real people, real results

New research shows that Diet and exercise may reverse diabetes

Lifestyle changes like diet and exercise may not only prevent type 2 diabetes but may reverse it according to a Brigham Young University study published November 9th, 2005 in the Journal of the American Association of Occupational Health Nurses.

Randomized clinical trials have proven that Type 2 Diabetes is a lifestyle issue. Researchers discovered after the two year trial that the majority of participants were diabetic no longer. The solution was found to be;

- To control food quantity
- Improve food quality
- Get 30 minutes exercise daily

This was certainly the case when Aucklander Cameron Freeson and his wife Janine completed an intensive 12 week Transformation programme with Club Physical.

*“The most amazing thing is that my diabetes has disappeared and the doctor has taken me off medication. And my cholesterol is now next to nothing. As a result I’ve gained confidence and applied to join the NZ Police”. **Cameron Lost** 14.9cms from waist - Body fat dropped from 28% to 19%”*

124,000 Kiwis are known to have diabetes. According to American estimates, a person with diabetes can cost the country \$NZ 500,000!

The New Zealand Government needs to wake-up to the fact that it is a lot cheaper to get people fit than to pay for sickness. The government should follow the example shown to motivate the populations of Sweden and Norway and now Canada by making money invested in personal wellbeing programmes **tax-deductable!**

Sources:

- * *Journal of the American Association of Occupational Health Nurses Nov 2005*
- * *Diabetes Care, November 2005; Drs Kazue Yamaoka and Tashiro Tango, National Institute of Public Health, Japan.*

No sign of type 2 diabetes after 12 week programme



Couple experience life-saving results from 12 week exercise programme

These results come directly after it has been announced that Type 2 Diabetes is now OUT OF CONTROL in America! Two out of three Americans with type-2 diabetes do not have their disease under control and risk early deaths from stroke, heart attack or kidney failure as well as blindness and limb loss, according to a report published – by the American Association of Clinical Endocrinologists and the American College of Endocrinologists .

Last month (March 08) the NZ Herald published a report that stated SIXTY percent of the population of Auckland’s heavily populated Counties Manukau area were on the way to Type 2 diabetes!

No long ago in Auckland **Cameron** was diagnosed with high cholesterol and Type 2 diabetes.

“My wife decided she was going to join Club Physical’s 12 week Challenge and I decided to join her. And I can tell you now that it’s the best thing that I have done. Working together has made me stick to it ;it’s actually been FUN!

The most amazing thing is that my diabetes has disappeared and the doctor has taken me off medication. And my cholesterol is now next to nothing. As a result I’ve gained confidence and applied to join the NZ Police”. **Cameron Lost** 14.9cms from waist - Body fat dropped from 28% to 19%!

“My Breakfast has gone from NOTHING to porridge, fruit and soy milk” says his wife Janine.

“I used to have to carry anti-inflammatories with me for fear of having a prolapsed disc, but during the ‘Challenge’ I have not had the slightest pain which has been fantastic. I sleep a lot better now because I’m actually *physically* tired and don’t have that heavy ‘gluggy’ feeling inside. And I don’t seem the stress about little things anymore.

Losing some weight that has plagued me for years has given me more confidence in what I wear, even in what I do or say. And as a couple having done this challenge TOGETHER has had a powerful effect on our relationship” **Janine** Lost 9.4cm from waist - Dropped 8.5% body fat

The team at Club Physical has witnessed scores of wonderful results, but results like Cameron’s make jobs very worthwhile. It is

interesting that it’s a key motivator to get both partners involved in a programme. When one is weak the other is strong and vice versa.

People don’t realize that New Zealand is **THE WORLD LEADER FOR TYPE 2 DIABETES***. And it need not be this way. We just need to get more people physically active.

- *Source: Quote by famous economist Paul Pilzer at the Hyatt in Auckland 2006*

Diabetes reversed naturally at minimal cost – proven results

Club Physical’s 12 week Transformation programme has been successful helping those with Type 2 diabetes and many other life threatening diseases. As an example, here is a small collection of results.

Eddie is removed from diabetes medication

Eddie had already undergone a triple bi-pass. That’s when he was told he was also a diabetic. He lost 24.2% body fat on the Transformation exercise programme and his doctor took him off diabetes medication as it was no longer needed.

Eddie was due to have stents inserted into his arteries to increase blood flow to the heart. This surgery was no longer required and cancelled.



Martin avoids diabetes and has medication reduced

“Being a businessman I preferred to live my life in the fast lane. I was at work by 5.30am and grabbed my ‘breakfast’, a pie and a couple of cakes at ten. My business lunch included the first beer of the day – more at afternoon tea along with fish and chips.

The chemist supplied me with my lollie bag – my pills for the day. I spent nine weeks of the year ‘on holiday’ – actually in a hotel they call North Shore Hospital. But it wasn’t until my family started calling me “Homer” (of the Simpsons) that I realized the need for change”

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Doctor’s note; *Martin has done exceptionally well in his 12 week gym programme. His blood pressure has gone from poorly controlled at 155/100 to a perfect 120/80 on less medication. His cardiovascular risk has dropped from 10% to 2.5%.*

do something about this. 12 weeks after starting the 12 week Transformation programme I no longer need heart surgery! I am extremely proud of my achievement. My life has since dramatically changed!”

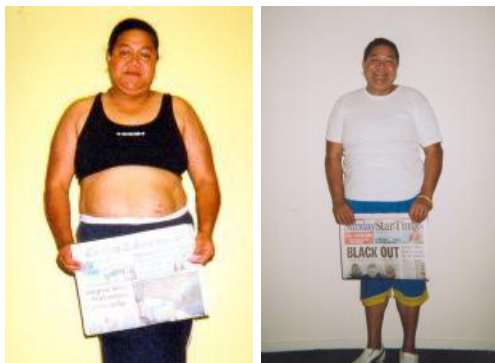


Young Nardien makes long term commitment

“One of my reasons for starting the 12 week Transformation programme

was to minimize my risk of a heart attack and diabetes. I was becoming obese and needed to be accountable to someone. I made the quality choice to become healthy and fit for the future.”

- *Blood pressure dropped 12 points*
- *Waistline reduced 16.9cms*



Tuki avoids heart surgery

“I was diagnosed with diabetes.

I was overwhelmed, confused, scared and angry at the time. I wondered how I was going to

get through the rest of my life! Then two years ago I was again diagnosed, now with heart disease. Life was so unfair. I needed to



Mose avoids family history of diabetes

“ I was first motivated to take on the 12 week Transformation after my sisters completed it.

The changes in their body shape and self esteem were phenomenal. Both heart disease and diabetes runs rife in our family.

My dad passed away at 42 and mum suffered with diabetes before passing away. My initial goal was to get past the age of 42. Another motivation was to recapture the athletic body I had when 'twinkle toes' graced the rugby field – my nickname at the time!

My results have been outstanding and provided a means for me to extend my life!

- *Blood pressure dropped 16 points*
- *Waistline reduced 10.8cms*



Keating's heartfelt message

"My wife is a nurse and she came home and told me about a patient who came in the day before. He couldn't do anything for himself and was only 38 years old. He was

married with the same number of children as me.

I'm not going to lie to you when I tell you this scared me. My own father had a stroke, and being a Pacific Islander of my size, I was a great candidate for the same. My father died before my wedding. 12 weeks on, my energy levels have greatly increased. My wife and kids are proud of me. I want to be around for a very long time!"

Keating Visesio (38)

- *Gained 6 kgs of muscle*
- *Lost 14 kgs of weight*
- *Blood pressure reduced 15.5 points*



Kevin removed from blood pressure medication

"I had no physical exercise programme other than work and ate whatever I liked. A couple of years ago I was hospitalized with heart problems for two weeks. I was told that I should start an exercise programme and lose weight. But I soon slipped into my old ways.

Just over a year ago I had a blackout on a roof I was working on and fell off, breaking both of my ankles. The doctors told me this was caused by very high blood pressure and lack of fitness. I was again told to do something about it.

Shortly after my son returned from Australia and was very overweight. Then I watched as this weight just 'fell off him' after he started Club Physical's 12 week programme. I thought, 'this is what I need to do!'

It was the best decision I have ever made. I have been taken off blood pressure medication and no longer need regular quarterzone injections!

- *Cholesterol dropped from 8 to 4.5*
- *Blood pressure dropped 24 points*
- *Waistline reduced 20 cms*

Change your body, change your life

Please forgive my frankness. But you can sit at home and complain about the amount of medication you need to take, or you can take action.

You will have read here that if you take action, improve your eating and exercise regularly, you should get priceless results. These examples occurred within 12 short weeks!

In many cases doctors have removed participants from their various medication— even Type 2 diabetes! But you need to be persistent to get results. And remember, your subsequent medical checkup will confirm your results.

What are YOU prepared to sacrifice for such a great reward?

I **can** promise you from experience that you sacrifice NOTHING. It's a matter of saying "YES – I can do it". Here's the two most important ingredients that YOU need to start TODAY;

1. **Change your eating** to foods that are good for you. Fruits, vegetables, fish, chicken, brown rice, whole grains. Avoid 'takeaways', cooking fat and foods with sugar added. Eat breakfast and several smaller meals throughout the day.
2. **Start exercising.** Do this **every** single day!

If you can't make the gym, go for a walk at a reasonable pace for an hour. But the most important thing you need to train is YOUR MIND. Gain determination "I will never give up". If it rains, wear a raincoat. Plan to exercise daily for the rest of your life.

If you do these simple things, I promise you – your life will improve. You'll enjoy each day more and more. People will enjoy being around you more as you begin to exude energy and a positive attitude.

You will have changed your body, and changed your life!

Powerful result producing programme

In 1991 we created a programme named the Club Physical 12 week Transformation Challenge. It has now achieved near miraculous results for thousands. There are several hundred testimonials available, along with documented results.

Typically dramatic drops in waistline, along with major increases in strength are very common. Blood pressure drops from 150/100 to 120/80 are a norm, leading to cessation of medication.

Of particular note, those with diabetes have often had what some call 'miraculous results'. But in reality it wasn't a God created miracle. It was healthy eating and regular exercise.

Peer support

From experience we have found that people who need to lose significant weight respond better to group exercise and plenty of encouragement. So we commence the programme on a **set date** and seek to educate each participant on the importance of good nutrition and the benefits of regular exercise. Often, we will exercise together. Bonds or friendship made during these sessions help people stick to the programme.

Regular coaching

Each participant may visit any branch of Club Physical as often as they like at any time. There is a large diversity of group exercise classes, computerized cross-trainers that display your heart rate and other information and machines to strengthen and tone your body. We'll show you why these machines are very important to your progress.

As well as this Club Physical includes two weekly supervised coaching sessions with an expert Private Trainer. These are conducted as a group and you are strongly encouraged to attend.

Goal setting

Before you lift a finger your 'before' stats are recorded. It's important for you to be able to look back and compare your progress. You'll be asked to set 4,8,12 week goals and longer term goals.

An important ingredient that Club Physical includes is the book 'How to Transform your body in 12 weeks' (value \$39). In this book you will discover up to forty nine testimonial examples (with before and

after photos) of others. There's an extensive twelve week diary for you to record your daily exercise and what you eat. This is important for you to recognize and remember what's causing your positive aspects of lifestyle change.

And at any time, if you would like to invest in any number of further personal Private Trainer sessions, this service is available pending bookings.

The long term

Our aim is to show you and teach you successful health habits that you will want to continue, not just for the twelve weeks, but for LIFE!

But the key is to get started.

You're encouraged to have a medical check-up before commencing an exercise programme

If you live near one of our locations you are welcome to call us at anytime on **0800 CLUB4U (0800 258 248)** and ask to speak with a Wellness Consultant.

It's not about the programme

Please know that facts listed in this booklet are from our own experience and I cannot guarantee you'll have the same result. But I hope this has challenged you and encouraged you to seek health improvement and quality of life, by your own efforts.

Best wishes.