

## Twin Sisters Commit to Changing their Health

An estimated one in three U.S. adults has prediabetes, yet only 11% know they have it. Prediabetes increases the risk of type 2 diabetes, heart disease and stroke. Maranda and Allysa Bramlett are all too familiar with this as they have watched their father struggle his entire life with diabetes. So when their doctor told them they too were at risk, she mentioned the YMCA's DPP program as a resource to utilize.

DPP helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. The program provides a supportive environment where participants work together to achieve the program goals of reducing individual weight by 7% and building up to 150 minutes of moderate physical activity per week.



Ready for a change, the sisters decided it was time to get out of the at risk zone, become healthy, lose weight, and reduce the risk of diabetes. "We constantly made excuses as to why we wouldn't go to the gym or why we would eat fast food, so now we really just try to stay motivated," said Maranda.

They have big goals and a strong desire to finish out the program 70 pounds lighter living a much healthier, happier, more fulfilling life. "DPP has made us stronger because we have seen each other grow so much. It has been an emotional roller coaster, and we still have a long ride ahead of us, but we'll be by each other's side the entire time. We are now much closer and happier because of the program," said Allysa.

"The most beneficial thing we have learned about ourselves is that we can do this! For the past five years, we have done nothing but go through cycles of dieting, giving up, and going back to our old ways. This time, however, is different because we know how serious and life-threatening diabetes is. We would encourage anyone who is at risk for diabetes, to participate in the DPP program because you will not regret it! They will teach you how to calorie count, break down nutritional facts and all sorts of additional information that will help you on your journey to getting healthy, like it has for us," said Maranda.

Participants in the YMCA's DPP program spend a year surrounded by a group of supportive people with common goals in a small group, classroom setting. For more information on the YMCA's Community Health Programs contact Stephanie Gillenwater at 540.387.9622.