

3 WINS *fitness* E-NEWS

3 WINS Fitness: Free, Sustainable, Replicable and Scalable. CSUN Kinesiology students leading Los Angeles to better health.

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What's this about?

3 WINS Fitness E-News is being sent to students, participants, and supporters of our 3 WINS Fitness Summit [see video](#) this past April. Twice a month receive exciting information as we acquire the evidence to document 3 WINS Fitness improving the health of Los Angeles County. Here's a [glimpse](#) of what's coming . . . AMPED: America Moves to Prevent/Evitar Diabetes! Hint: [Click on the hyperlinks!](#)

AMPED is all about preventing diabetes. Key factors to diabetes prevention are exercise and proper nutrition. Are you pre-diabetic? Watch in [English](#) or [Español](#) and find out! Many of our participants are pre-diabetic or on their way, especially if they don't change their habits as they get older. Five points is the pre-diabetes threshold and **you get 3 points if you're over 60 years old!** and you get 2-3 points if you are overweight. It's pretty easy to hit 5! Get your friends to join LA's largest FREE diabetes prevention exercise program, 3 WINS Fitness at 6 locations in the San Fernando Valley www.3winsfitness.com We have modeled the [National Diabetes Prevention Program](#) and offer it FREE to the community after the FREE exercise! CSUN Kinesiology students are committed to help you be healthier. It's your time. Seize the moment!

"The research data we collect this semester can change the health of America. To do this we must have participants committed to exercise and eating properly. Join us! You are our #1 priority. Commit to losing 5-7% of your body weight and reduce your risk for diabetes by 58%. Let us help you."

Your CSUN Kinesiology Student Instructors



I BELIEVE that WE WILL WIN! is our every day chant. Come and let us help you realize your hopes and dreams and together reach your goals.

An Important Fall Semester for 3 WINS Fitness!

Beginnings. For the past 7 years we have focused on reaching out to our community and serving the most people. We are activating communities as the CDC and Public Health have exhorted, given 80% of the population is not as physically active as they should be. We started with [Role Model for the Future](#) in San Fernando which took us to the White House for recognition in Michelle Obama's Let's Get Moving video challenge.

Research. Study after study talks about racial and ethnic disparities for obesity, diabetes, and physical inactivity and for the children, the importance of mothers being healthy role models to reduce the risks of childhood obesity and yet there is a void of affordable physical activity programs in the community.

We've partnered with the parks systems in San Fernando, LA County, and LA City and now with Providence Health and Services to offer 3 WINS in community parks and faith-based locations. We have been successful as you saw in the [Summit Video](#) serving hundreds in the community, reaching the [exact population](#) the research says needs our help the most.

This Fall we have concentrated our student talent and formed research teams and excellent instructors at 6 sites focused on diabetes prevention, motivation, and increasing fitness. We will collect the evidence supporting the value of 3 WINS Fitness. **WHAT CAN YOU DO?** Tell every friend, patient, family member who wants to live a healthier life to join one of our locations. They can contact me at steven.loy@csun.edu or call and leave a message at 818-677-3220 or visit www.3winsfitness.com for the nearest site. **JUST SHOW UP!** Share your hopes, dreams, and goals with us so we can help you get there.



Participants COMMIT! Follow our lead. I will be exercising with



you as I rotate daily through each site. Talk to me. Sweat with me. Call our instructors your personal trainers to help you make a healthy change! We are going to "advertise" our hopes and goals on big banners and 3 WINS is going to work with you to make those

dreams happen. Let's pull together. Put in the effort. Let's show Los Angeles and the country 3 WINS Fitness works.

Steven Loy, Ph.D. CSUN Kinesiology Professor

From Channel 7 and Lori Corbin's report, a [sample](#) of what you'll be a part of and the students you'll be working with. Our 3 WINS are our participants, our communities and our students. "I've learned a lot about leadership, communication, exercise safety. Learning how to develop somebody from a beginner and learning to recognize certain cues with their body language, expression of face." Miguel Reyes

3 WINS fitness L.A.'S LARGEST FREE DIABETES PREVENTION & EXERCISE PROGRAM

