



**Evelyn Norton**, owner and trainer of FitDiabetic, has been a Type I diabetic since 1967. She has over 20 years experience in the fitness industry. **Certified**

**with the American Council of Exercise (ACE)** since 1990, and a degree from the University of Minnesota, she's trained athletes of all levels in Los Angeles, Minneapolis and Australia. She pays attention to the fitness levels and special needs of everyone, in both individual and group settings.

She's worked as a fitness professional in many large corporate and medical wellness programs, in her own business as well as for large health club networks.

Her passion and goal is to help diabetics achieve wellness and confidence through fitness and self-monitoring skills. This is accomplished in an atmosphere filled with understanding and support for the "day-to-day" inconveniences faced by diabetics.



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**"I'M A DIABETIC.**

**Who can understand**

**my feelings and help**

**me manage my wellness,**

**so I can live life fully**

**and independently?"**



## FitDiabetic is there for you!

Be happy...have fun... **make a choice to take charge** before diabetes takes charge of you.

**W**hether you have been newly diagnosed, or are living with diabetes, you're aware of its debilitating affects.

Someone always knows "someone" that is blind, has kidney failure, lost a limb and died. You rarely hear stories of success. They **DO** exist.

Your doctors and diabetic educators taught you about managing diabetes through diet and/or medication and exercise. Now you're on your own, to manage the daily routine. You know that leaving the condition unattended can lead to physiological issues.

Sometimes it can be difficult to focus on the goal of staying well when you're overwhelmed with information, public stigma prevails, or you feel defeated. Perhaps you just "fell off the wagon" and need a kick start. Don't let what you cannot do interfere with what you **CAN** do.

**FitDiabetic** was started with **YOU** in mind and a clear understanding of what it's like to have diabetes. Positive, long-term results can be seen by implementing a fitness and wellness routine. Just ask your doctor, or diabetic educator.

**Love yourself... Love your life...  
Be a FitDiabetic!**

Visit [www.fitdiabetic.com](http://www.fitdiabetic.com) for current class schedules. Call **(763) 533-5385** or e-mail **ev@fitdiabetic.com** to inquire about small group sessions or to schedule your own individual session.

**You should consider group and individual wellness programs if you are, or have:**

- Type I Diabetes
- Type II Diabetes
- Overweight with Diabetes
- Unmotivated and need a kickstart
- Looking for opportunities to interact with other diabetics

**Teens, adults, seniors and caregivers of all fitness levels are encouraged to participate.**

*This course is not designed to provide medical advice. Please seek the advice of your physician or other medical professional for concerns about specific medical issues. Medical Clearance required.*

## DOCTORS AND DIABETIC EDUCATORS:

Let **FitDiabetic** help your patients implement a self-serving wellness program from your educational foundation. Contact [ev@fitdiabetic.com](mailto:ev@fitdiabetic.com) to inquire about rates and scheduling group classes in your:

- Clinic
- Healthcare organization

Referrals are always welcome. Please e-mail [ev@fitdiabetic.com](mailto:ev@fitdiabetic.com) to request brochures.

## CORPORATE CLIENTS:

Visit [www.fitdiabetic.com](http://www.fitdiabetic.com) to see current class schedule. You may inquire about rates and scheduling or sponsoring group "perk" classes in your:

- Business
- Neighborhood
- Healthclub

Fitness classes for general populations are also available (diabetes awareness, cardio kick boxing, hi-low aerobics, pilates, muscle conditioning).

**For more information contact Evelyn Norton at [ev@fitdiabetic.com](mailto:ev@fitdiabetic.com) or call (763) 533-5385.**