

## **Immediate opportunity for diabetics to learn to exercise with WILDfit, a walk/run program**

*By Sandria Barrett*

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*TeamWILD announces WILDfit, a 12 week program where people with type 1 and type 2 diabetes of any age and ability level set a walk/run goal and achieve it in 90 days by using a proven, integrated diabetes education and exercise model.*

Doctors tell people with diabetes that they should exercise but usually don't tell them how to do it. This is the program to teach people how exercise with diabetes. WILDfit was created by Mari Ruddy who founded the Red Rider Recognition Program used by the American Diabetes Association Tour de Cure to celebrate cyclists with diabetes.

WILDfit was created to get people off the couch and moving their bodies - maybe even for the first time. WILDfit gives people with diabetes the knowledge they need to better manage their blood sugars when they exercise and how not to be afraid that their blood sugars will go too high or too low when they exercise.

Many people think they must get fit or lose weight first before joining a program like WILDfit. They don't have to. Participants need only to be able to walk around the block and have the interest, physical ability, time and mental desire to work their way to being an "athlete". Participants will learn the TeamWILD philosophy of what an athlete is and that anyone of any exercise level, even if they are not currently exercising before they start the program, will become a TeamWILD athlete.

WILDfit is available to anyone in any city, state and country. TeamWILD currently has members in US, Canada, Australia and New Zeland. Training plans are sent every week for 12 weeks. Plans have motivational, educational videos and audios from TeamWILD Athletic Run/Walk Coach Lynnda Best-Wiss, who is a USAT Certified Coach. And from TeamWILD Sports Nutritionist, Jenny Smith, RD, CDE. Both Coach Lynnda and Jenny are highly trained and experts in their fields.

Each week there are athletic goals, diabetes goals and nutrition goals with a focus broken down week by week. **The program is easy to follow and comes with unlimited support for people with diabetes to ask questions to learn how to better manage their diabetes with exercise and nutrition education.**

From TeamWILD Director, Mari Ruddy, *"It's okay if you don't YET think of yourself as an athlete. We will show you the way. All you have to do is WANT IT!"*

Many people feel scared when it comes to exercise with diabetes. They are terrified of having their blood sugar go too high or too low when they exercise. They feel alone without anyone who understands what it's like to have these daily fears and frustrations. But they don't have to be scared and alone anymore if they join WILDfit. TeamWILD: WILD: "We Inspire Life with Diabetes" is a team of people all with type 1 or type 2 diabetes who want to live an inspired life with diabetes instead of a life of frustration and fear.

As one WILDfit athlete, Fabiana, said, *"This program has changed my life forever. If you have been dealing with your diabetes by yourself, maybe even ashamed, now is the time to seek support. WILDfit is for YOU!"*

**For more information on how to join WILDfit visit <http://www.teamwild.org>**

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Team WILD is an integrated endurance sports training system to empower people with diabetes to see themselves as athletes first.

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Tags exercise with diabetes, Diabetes, type 1 diabetes, type 2 diabetes, american diabetes association,  
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