

St. Luke's Diabetes Exercise Program

St. Luke's Hospital's Fitness Center offers a Diabetes Exercise Program (DEP) for active or relatively healthy individuals with diabetes or pre-diabetes. This program is ideal for those who desire an independent home or gym-based program designed specifically for their needs. Those who have had a cardiac event within the past year or have a history of heart failure may be referred to outpatient cardiac rehabilitation prior to joining the DEP.

The DEP is designed to educate individuals with diabetes or pre-diabetes on the basics of beginning and maintaining a safe exercise program. An independent exercise program will be designed for the participant, and individualized goals will be established between the exercise physiologist and the participant.

DEP participants have access to St. Luke's Fitness Center located at the Desloge Outpatient Center, Building A. Convenient hours are offered: Monday through Friday from 12 to 4:30 p.m. After hours: Appointments are required.

To enroll for the DEP, take the following steps:

1. **Contact the St. Luke's Fitness Center at 314-205-6881.** The staff will obtain an order form your internist / endocrinologist. Once the order is received, the staff will contact you to schedule your initial evaluation and first exercise session.
2. Sign up for your Fitness Center Membership. If you are comfortable with your exercise program after attending your first exercise session, you may sign up for your Membership. It is required that you sign up for monthly automatic payment deduction to remain through the remainder of the calendar year, or pay for the entire year at one time.
3. Attend an education class. These are held monthly and cover information important to people with diabetes who are exercising.

NOTE: If you are not comfortable with your exercise program, and you are not ready to exercise independently, you may attend the "One-on-One Fitness Plus" sessions. These are scheduled exercise sessions where an exercise physiologist will continue to work with you one-on-one until you are ready to exercise independently.

Fees:

1. Evaluation, education class and first exercise session will be billed to insurance. If not covered by insurance, costs will be the responsibility of participant.
2. Fitness Center Membership: \$20 per month
3. One-on-One Fitness Plus:
\$35 per session

For further information or to enroll in the Diabetes Exercise Program, please call (314) 205-6881.

