



Vermont Sun “Fitness for Life” Outreach Program

- One or two hour visits to the client at times mutually agreeable to client and trainer
- visits include appropriate physical exercise
- visits include nutritional counseling and meal preparation
- meals would follow the guidelines of the Ornish diet, the McDougall diet, the Fuhrman diet, and the PCRM diet. These eating plans have been clinically proven to reverse or stop the progression of heart disease, high blood pressure, type 2 diabetes, and some auto-immune diseases such as lupus and rheumatoid arthritis in the majority of patients who complied with the diet guidelines (under 10% of calories from fat; plant-based diets that include beans, greens, fruits, and starches).
- the trainer would work with the client’s physician to adjust meds as needed.
- the cost to the patient is \$55 for one hour or \$100 per two hour visit. A punch card for 10 visits is \$500.
- some MVP plans will reimburse the client up to \$300.

Anticipated results:

- people with type 2 diabetes have typically been able to stop or significantly reduce their need for insulin in just a few days. Other meds are gradually reduced or eliminated. Prediabetics are normalized.
- high blood pressure significantly improves, often in just a few days, and most clients are taken off meds.
- LDL, total cholesterol, and triglyceride levels are significantly lowered by the end of the six week period. Cholesterol meds are significantly reduced or eliminated.
- angina episodes are significantly reduced or end completely over time.
- clients typically lose two pounds or more per week.

Jim Hoverman
Vermont Sun Personal Trainer and Nutritional Consultant
Director, Fitness for Life Outreach Program
Home: 388-7704
Work: 388-6888
jimandginnyhove@comcast.net