

28-DAY INDOOR WALKING PLAN

# Fit *for* 1



**DELICIOUS DINNERS  
MADE HEALTHY**

**START TODAY!**

## WALK OFF 100+ POUNDS

- ▶ Javana Buehler shed 25 lbs in 1 month
- ▶ Brooke Boatman went from a size 20 to a 0

# 79

### MUST-TRY TIPS

- ✔ DECLUTTER
- ✔ BOOST BRAINPOWER
- ✔ SAVE MONEY

**SO INSPIRING**

## RESET YOUR ENERGY!

Forget resolutions. Fitness pro **BROOKE BURKE** sets monthly goals. Plus, her life-changing 'leftover' salads, 'rest nest' and affirmations

**PROVEN:**

## FORGIVENESS BRINGS JOY

**REAL-WORLD WOW!**

## REVERSE PREDIABETES NATURALLY

See how Kathy, 64, did it!

\$4.49 JANUARY 13, 2025



## "I no longer have prediabetes!"

Pain sidelined Kathy Giegrich, leading to weight gain and high blood sugar. Then she found a new workout that changed everything



**KATHY GIEGRICH, 64,** Bridgewater, NJ

**CONDITION:** Chronic arthritis pain, weight gain and prediabetes

**PRESCRIPTION:** Consistently taking Pure Barre classes helped ease her pain and ultimately lose 70 pounds, reversing prediabetes!

"I'VE ALWAYS been a positive person, and I loved playing with my young nephews and being an involved aunt," says Kathy. "But when my osteoarthritis flared up, I struggled to maintain my joyful disposition, as the pain made it nearly impossible to play with the young ones, which really bothered me and darkened my mood."

"My pain also robbed me of a good night's sleep, as relentless aching frequently woke me, so my days were clouded by fatigue and brain fog."

"For about 10 years, my life was a dizzying cycle of pain-filled days and restless nights. Consequently, I lacked the energy and often ambition, to eat a healthy diet or exercise, and year after year I watched my blood sugar and weight increase."

### Health issues going from bad to worse

"In 2018, my blood sugar hit 125 and my doctor had a heart-to-heart with

me, explaining that it was time to begin taking medicine to improve my health to hopefully lower my blood sugar level into the normal range of 70 to 100. Her recommendation of medicine that I'd likely require for the rest of my life flicked a light-bulb moment for me and I was suddenly determined to fight my high blood sugar and arthritis and take my life back."

"Despite concerns about side effects, I agreed to fill the prescription to give me a head start" at reducing my blood sugar. However, two weeks later I was feeling dizzy, and despite reducing the dosage by half, was still experiencing side effects. So after four weeks, I stopped taking the medicine."

"At the same time, a Pure Barre studio opened nearby, and I sent them an email explaining where I was in my health journey and asking if they thought that I could complete a Pure Barre class that uses low-impact,

high-intensity movements to strengthen and tone the body."

"I was so embarrassed by my weight and how far I had let myself go, and I didn't want to make a fool of myself in front of an entire class if I couldn't lift the small, lightweight balls or dumbbells or properly use resistance bands. But I received such a beautiful, encouraging reply that I knew it was worth a try to shed some of the weight that was contributing to my high blood sugar and making my pain even worse."

### Health and happiness—restored

"For the first week or two, I struggled to complete three classes a week, but I remained committed. In less than a month, I was able to progress to four, and then five classes a week. I was also able to stretch and touch my toes, something I hadn't done in years, and I had the stamina to complete a class without stopping for



a break. I was also seeing progress when I stepped on the scale."

"After eight months, I'd lost 70 pounds and am thrilled to say I've kept off the weight, thanks to my Pure Barre routine. At a checkup, I reported that daily at-home checks of my blood sugar were between 75 and 90, all in the normal range, and my doctor was delighted, telling me that I no longer needed medicine to control my blood sugar."

"For almost 10 years, I had been taking medicine to lower my high blood pressure, which I thought was a normal aspect of aging. But after

losing weight, my doctor was able to take me off that too."

"Getting out of my comfort zone to give Pure Barre a try was one of the smartest decisions I ever made, and I truly believe it saved my life. I'm so proud that I was able to take control of my health and make the changes necessary to achieve a blood sugar level of 78 at my last checkup. Because of Pure Barre, I now enjoy working out and feeling healthy and, best of all, once again being the joyful aunt who is able to spend time with her loved ones!" —As told to Gina Roberts-Grey

### The science behind the story: HOW EXERCISE HELPS REVERSE PREDIABETES

**In prediabetes, blood sugar is high** but not high enough to be classified as type 2 diabetes yet. This means it's the ideal time to retrain your body to effectively use excess glucose, and exercise is the perfect way to do so. "Exercise allows the body to consume sugar in the body," explains Akhil Shenoy, M.D., medical advisor at Aeroflow Diabetes. "Once the glucose arrives to the muscle, the muscle cell uses a metabolic process called glycolysis to break it down into a readily available form of energy."

**Exercise is a powerful prescription.** A 2024 review in *Frontiers in Endocrinology* found that moderate-intensity aerobic exercise, light-to-moderate resistance training and a mix of the two improve fasting blood glucose, post-meal glucose and other factors that contribute to the development of type 2 diabetes, such as body weight.

**To get the perks:** Any exercise you enjoy will yield benefits, says Dr. Shenoy. But to try a free barre-style class, check out Coach Kel's Barre Workout on YouTube (no equipment needed). —Alyssa Sybertz

### Try this too: LOWER BLOOD SUGAR NATURALLY WITH BERBERINE

If you're looking for more natural ways to stop prediabetes from progressing to type 2 diabetes, consider supplementing with berberine. A plant-based compound used in traditional Chinese medicine, berberine has been shown to be highly effective at lowering blood sugar. In a study in *BMC Endocrine Disorders*, people with prediabetes took either 500 mg of berberine or a placebo daily for 12 weeks. By the end, the berberine group had lowered their fasting glucose by 21%, their insulin by 20% and their markers of insulin resistance by 33%, while the placebo group saw virtually no changes. —Alyssa Sybertz