



## News Release

### FOR IMMEDIATE RELEASE

November 1, 2019

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### **Trillium encourages healthier lifestyles during American Diabetes Month**

*Small changes can make a big difference*

**GREENVILLE, NC-** Two Trillium Health Resources members' lifestyle changes are having a positive impact on their overall health and well-being thanks to the [Healthy Movement Project](#). This project is aimed at increasing access to physical fitness activities by providing Peloton™ bikes for indoor cycling.

Dana Schneider and Eric Weston have been active riders since the program started in August at Mattamuskeet Opportunities, an adult day program in Hyde County. Together, the two have lost more than 45 pounds through routine exercise on the Peloton™ bike.

Dana experienced more than just weight loss benefits as a result of his increased physical activity. As someone with type 2 diabetes, he was able to see significant health improvements and reduce his diabetes medication. According to the American Diabetes Association (ADA), adding daily activity and eating well are important ways you can manage diabetes.



Members Dana Schneider (L) and Eric Weston (R) pose with the Peloton™ bike at their adult day program.  
Photo courtesy Trillium Health Resources

November is [American Diabetes Month](#) and you can make small changes to delay or prevent type 2 diabetes. A few changes the ADA recommends include:

- Get at least 10 minutes of physical activity a day, three times per day
- If you're overweight, learn ways to achieve a [healthy weight](#)
- Make healthy food choices by including more vegetables and fruit

Stay well informed about your physical and mental health. Take ADA's [Diabetes Risk Test](#) to find out if you are a candidate to develop type 2 diabetes.

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Take action to help spread diabetes awareness in your community:

- [Become an advocate](#) by standing up for diabetes research and prevention.
- Wear blue on all four Fridays of November and on November 14 for [World Diabetes Day](#).
- Share how you are making positive changes on social media by using #CountMeInADA
- Ensure that schools are properly educated about juvenile diabetes. [The Kids and Diabetes in School Project \(KiDS\)](#) aims to foster a safe and supportive environment that creates a better understanding of diabetes.
- Follow Trillium on [Facebook](#) for local events and organizations dedicated to these causes.

### **ABOUT TRILLIUM HEALTH RESOURCES**

Trillium Health Resources is a leading specialty care manager (LME/MCO) for individuals with substance use, mental illness and intellectual/developmental disabilities in 26 counties in eastern North Carolina. Trillium's mission is to transform the lives of people in need by providing them with ready access to quality care. We take a person-centered approach to health and wellbeing, coordinating care across multiple systems to achieve improved health outcomes, quality of care and efficient use of resources. Trillium is investing in innovation to meet the unique needs of the individuals and communities we serve, and remains focused on delivering the right services, in the right amount, at the right time. For more information, visit [www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org).

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