

Muscles to Move (2M)

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2M Project Goals

- Education
- Prevention
- Improvement and Management

Education

- Helping people understand their health and their responsibility to maintaining or improving their health. (without a pill)

Prevention

- Reinforcing good healthy habits in people who are at risk for various chronic diseases such as diabetes.

Improvement and Management

- Preliminary studies have shown that exercise **alone** has a greater effect on reducing risk factors and improving management of certain chronic diseases than we ever thought before.

2M targeted audience

- Children
- Native Americans
- General patient population

Children

- Research model for this particular audience is highly desirable as for the basis of future publications on the subject.

Native American

- Collaboration with Dr. Henderson
- Research model is desirable

General Patient Population

- This is where we need your help

General Patient Population

- Talk to your patients
- Continue to educate them on what they can do to improve their health
- Talk to them about entering into a contract not with you, but with themselves to exercise.
- Really get the point across whether it takes one or multiple patient visits

Materials

- Contract, journal, and general health information

Possible research

- Please contact me
- sd2m@me.com

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Questions or Comments

Thank you for your time