

DIABETIC STUDY

The M.O.G. participated in a 2 part study led by D'Youville College studying Diabetic patients. The study followed participants through a 6 month study with a supervised fitness program following the MOG Model

Part 1 Findings:



Significant improvement
in waist circumference



the M.O.G.
Medically Oriented Gym



Positive trend in A1(c)
levels

PART 2

The second phase of the study consisted of 35 subjects, 30 diabetics at the MOG and 5 control subjects who chose the health club of their choice within 10 miles of the MOG. Again we compared changes in waist circumference and A1 (c) and studying the correlation between a supervised program compared to a "typical" fitness facility. Of 5 participants who chose their own facility, none completed, while 20 of the 30 participants stayed with the MOG program with the same results we found in part 1 of the study. You could hypothesize from this that a medically supervised program is a much better return on investment for an insurance company than a "health club benefit" that allows the subscriber to attend any gym.