

# Metabolic Fitness Program



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN



## **What is the metabolic fitness program?**

This program is a personalized weekly evening program for people with the metabolic syndrome and pre-diabetes. It is designed to promote behavioral change through coaching strategies, education and exercise. A doctor referral is required for this program.

## **Where can I find more information?**

For more information, call (734) 998-5679 or visit the Frankel Cardiovascular Center Metabolic Fitness Program Webpage: <http://www.umcvc.org/mfp>