

Chris Ruden

Start where you are

Occupation: Online type 1 diabetes fitness coach and keynote speaker who addresses diversity, inclusion, and overcoming adversity

Lives in: Coconut Creek, Florida

Fun facts: Appeared on season 1 of Dwayne “The Rock” Johnson’s hit TV show *Titan Games*; disabled, diabetic record-holding powerlifter



About Chris

Chris was born with a short left arm and only two fingers on his left hand. Growing up, he had to adapt things in life most people take for granted, and he battled bullying and depression. Then Chris was diagnosed with type 1 diabetes at age 19.

At this time, he met David, an 11-year-old with cerebral palsy. David’s mom asked Chris to work out with him. “David couldn’t walk or talk. I didn’t treat him like a person with cerebral palsy. I treated him like a kid named David.”

After eight months of working with Chris, David ran on the beach for the first time. “I knew then this is what I was supposed to do.” Chris decided to major in exercise science.

Now an elite powerlifter, in-demand motivational speaker, and personal trainer,

Chris believes that the correct mindset is often the most difficult part of dealing with any obstacle, including diabetes.

Chris stays on track by helping other people. “We all can manage this. It’s tough. It’s not fun, but we can do it.”

On Eversense: Since Chris constantly travels, he admits on occasion he has deprioritized his own diabetes management. “Eversense really helped me get back on track.” Chris especially enjoys the fact that you can easily remove and reapply the transmitter. The phone app is another plus. “I just love the convenience of it.”



“What is your ‘why?’ What is your driving factor? Dig deep to find out why you should manage your diabetes and live life to the best of your ability.”