

Why a Lifestyle Modification Program?

Your doctor has identified that you may be at risk of developing type 2 Diabetes.

Research shows that making healthy lifestyle choices can significantly reduce or delay the onset of type 2 Diabetes.

What is the Lifestyle Modification Program?

Currently we are offering the 'Choose it! Live it!' lifestyle modification course.

It is a nationally accredited course designed to support people in making healthy lifestyle choices.

The Program is conducted over six months, there are 5 education sessions in a 6 month period and a series of 8 supervised exercise classes tailored to each individual needs.

An accredited health professional will teach you about what type 2 Diabetes is, healthy eating, exercise, setting lifestyle goals and overcoming barriers to achieving these.

What do I do now?

GP Network Northside will contact you to enrol you in a course.

An amount of \$50.00 is payable on enrolment. Health care and concession card holders are exempt.

There is no waiting period.

Once you are enrolled...

You will receive your enrolment confirmation via mail. This will include details of where your course is located, when it starts and what to bring.

Need more information?

You can find out more about risk factors for type 2 Diabetes at:

www.healthinsite.com.au/topics/Diabetes

or

www.diabetesnsw.com.au



gpnetwork
northside

Subsidised Lifestyle Modification Program

to reduce the risk of Type 2 Diabetes

Patient Information

Program Details:

The course will run at a variety of venues, days and times to accommodate the needs of participants.

You are eligible for the subsidised course. It will cost you \$50.00 (full cost is \$241.00). Health and concession card holders are exempt.

You will need to do some reading prior to each session and will track your progress towards achieving your goals via food and physical activity diaries.

Program Objectives:

On completion of this program you will know more about diabetes and have an increased capacity to self-manage your health.

Program Goals:

The program supports goals in the areas of weight loss, nutrition and physical activity.

'Choose it! Live it!' - Course Outline

Education Session 1 1½ hrs

- Diabetes / Pre Diabetes
- Readiness for Change
- Weight Loss, Energy Balance and BMI
- SMART Goals
- Completion of the food and activity diary

Education Session 2 1½ hrs

- Physical Activity
- Australian Nutrition Guidelines - 5 Food Groups
- Stages of Change
- GI- Breads, Fruit and Vegetables, Legumes
- Fibre and Water

Education Session 3 1½ hrs

- Welcome and Review Diaries/Progress
- Overcoming Barriers
- Individual Differences and Self-Management
- Fats & Cholesterol – Dairy, Meat and Fish

Education Session 4 1½ hrs

- Review Diaries/Progress
- Stress Management and Sleep Hygiene
- Alcohol and Smoking
- Support Networks and Community Resources
- Reading Food Labels

Education Session 5 1½ hrs

- Review Progress
- Readiness
- Overcoming Barriers
- Health Checks
- Feedback

Exercise component

- An initial physical activity assessment
- 8 sessions comprising of 45 minutes of supervised fitness classes tailored to each individuals needs
- Final physical activity assessment
- Evaluation and feedback

Please note: The course timetable provided is a guide only.

While core material will not change the course components may vary as part of our quality improvement process.