



# Movement is Medicine!

## Type 2 Diabetes

### 8-week Exercise and Education Program



Weekly Exercise Physiologist led group exercise classes, followed by allied health led education sessions for diabetes care and management. Program includes access to 2 x free CGM sensors for participants.

#### Program benefits:

- **Receive an individualised exercise program**
  - Tailored for optimal health and improved quality of life.
- **Allied Health clinician engagement**
  - Expert guidance through targeted educational sessions.
- **Safe group setting for people living with T2D**
  - Join a supportive community for shared motivation & encouragement.
- **CGM sensor trials**
  - Exclusive opportunity to access real time glucose tracking and management
- **Reflective learning**
  - Learn the positive impact of exercise, diet, and medicine for diabetes care.

#### Referral Pathway:

##### Step 1

Obtain clearance from your GP to exercise and request that they complete the attached Medicare T2D referral (group allied health services)

##### Step 2

Our client liaison team will call you to book in or you can call 08 6110 0570 to secure your preferred intake date

##### Step 3

Undergo an assessment with one of our Exercise Physiologists prior to commencing the program



# What to expect - Weekly education topics

## Week 1

Getting started with Exercise Physiologist

## Week 2

Group exercise - Exercise Physiologist  
Education - Dietitian

## Week 3

Group exercise - Exercise Physiologist  
Education - Diabetes Educator

## Week 4

Group exercise - Exercise Physiologist  
Education - Physiotherapist

## Week 5

Group exercise - Exercise Physiologist  
Education - Podiatry

## Week 6

Group exercise - Exercise Physiologist  
Education - Diabetes Educator

## Week 7

Group exercise - Exercise Physiologist  
Education - Pharmacy

## Week 8

Group exercise - Exercise Physiologist  
Education - Exercise Physiologist

