

What can I expect in the group?

- A pre-assessment is required prior to starting the group. You will meet an Exercise Physiologist who will ask you questions about your medical history and conduct a walking test.
- The Exercise Physiologist will then advise you whether or not you are suitable for the exercise group.
- During the group you will have your own exercise program which will be progressed across the 8 weeks.
- Following the completion of the group, a discharge assessment will be conducted and participants will be provided with an exercise program to continue at home or at a gym.



Referrals:

Under 65 years old: A general referral from your GP is recommended (Type 1 and Type 2 diabetics)

Over 65 years old: A specific MBS referral for T2DM exercise group is required from your GP. (Strictly Type 2 diabetics only)

For GPs:

MBS item numbers 81110 and 81115

Class

Diabetes Exercise Group

Length

Runs for 8 weeks

When

Thursday 3pm - 4 pm

Where

Community Rehabilitation Centre
(corner of McRae and Splatt Street)

Cost

Free of charge

Diabetes Exercise Group

Thursday 3pm



For enquiries or bookings please contact:

Physiotherapy Department

Phone: (03) 5033 9390

Fax: (03) 5033 9389

www.shdh.org.au

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Aim of group:

To improve blood glucose levels in patients with diabetes.

Who can attend?

Type 1 diabetics under the age of 65 and Type 2 diabetics of any age.

It is not recommended that those with unstable diabetes attend until their blood glucose levels are well managed.

Safe blood glucose levels for exercise are between 5 and 15 mmol/L.

What do I need to bring?

Please wear comfortable clothing and shoes suitable for exercising.

We strongly encourage all patients to bring their own blood glucose monitor, a snack in case you have low blood sugars as well as a water bottle.



How does exercise help?

The group includes a range of cardiovascular and strengthening exercises such as cycling and weights.

We aim to improve your health by increasing your physical activity levels. The National Physical Activity Guidelines recommend at least 150 minutes of exercise per week. Meeting these exercise guidelines plays a large role in lowering your HbA1c results.

Exercise has been found to improve the following

- Blood glucose levels
- Insulin sensitivity
- Blood pressure
- Cardiovascular disease risk factors



Location

Your assessment with an exercise physiologist will be conducted in the Allied Health Department on Splatt St (Blue Star)

The exercise group will take place in the Community Rehabilitation Centre on McCrae St (Yellow Star).

