

## Location

Your assessment with the Diabetes Educator in the Health Promotion Building: 62 McCrae St, Swan Hill.

Your assessment with the Exercise Physiologist will be conducted in Allied Health: 48 Splatt St, Swan Hill

The group is held in the CRC Gym: Corner of McCrae and Splatt St, Swan Hill

### What do I need to bring?

- Please wear comfortable clothing and shoes suitable for exercising
- Bring Your own blood glucose meter, strips, lancets and diary.

If you do not have one, contact SHDH Health Promotion to speak to Diabetes Educator ph. 50339337

- Bring your own water bottle and healthy snack
- If you are on insulin or certain tablets- *Gliclazide* [Diamicron or Glyade] , *Glimepiride*[Amaryl] or *Glibenclamide* [Glimel] you need to bring your hypoglycaemia [low blood glucose] treatment. Eg, jelly beans, piece of fruit or muesli bar

## FOR MORE INFORMATION CONTACT:

### Physiotherapy Department

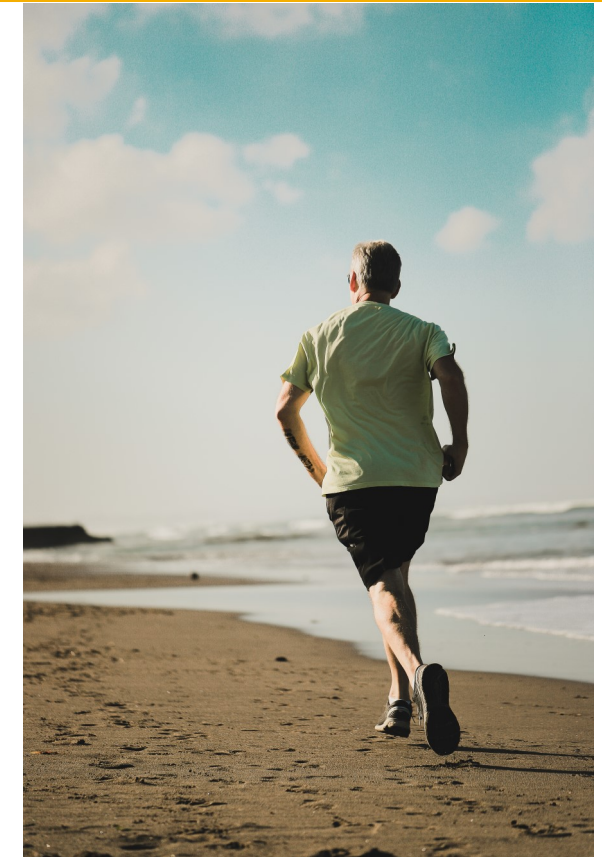
Swan Hill District Health

**Address:** 48 Splatt St, Swan Hill

**Phone:** (03) 5033 9390

**Email:** [areception@shdh.org.au](mailto:areception@shdh.org.au)

**Web:** [www.shdh.org.au](http://www.shdh.org.au)



# Diabetes Exercise and Education Group

Thursday 1pm  
Community Rehabilitation Centre

## Details

### Aim of group:

To empower clients and to improve self- management and knowledge of diabetes.

### Who can attend?

This group is open to people with Type 1 and Type 2 Diabetes.

It is not recommended that those with unstable diabetes attend.

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



## Exercise

### 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 210 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
- Weight
- Wellbeing

## Education

There will be a 30 minute education session each week of the group.

Guest speakers include diabetes educator, dietitian, exercise physiologist, psychologist and podiatrist.

Handouts will be provided but please bring a pen and paper if you wish to take notes.

