

12 WEEK DIABETES PROGRAMME



The Diabetes Exercise Programme is a supervised and monitored exercise programme designed to provide comprehensive care to people who have been diagnosed with diabetes or are pre-diabetic.

The Diabetes Exercise Programme is designed to:

- ✓ Improve glucose control
- ✓ provide safe individualised and supervised exercise
- ✓ Provide client, family and social support
- ✓ Increase clients functional exercise capacity
- ✓ Promote lifestyle changes, including nutrition, weight loss and stress management
- ✓ Education on how to better manage Diabetes

Clients with any of the following conditions may be eligible for the programme:

- Type I Diabetes
- Type II Diabetes
- Pre-Diabetics

All clients will have to provide medical clearance from their general practitioner and it is recommended detailed medical records are provided.

All clients will undergo a full assessment involving the completion of a health questionnaire, sub maximal cycle exercise test and other functional tests as required.

The results obtained from testing will assist the Exercise Physiologists to design an individualised exercise programme to the client's needs and health status.

Each session clients will be monitored with heart rate, blood pressure, oxygen saturation and blood glucose levels taken pre, during and after exercise. This ensures clients are safe to undertake their exercise program and exercise within recommended levels and individual limitations.

All clients will also be provided with an individualised exercise programme that they can perform independently outside of the Diabetes Exercise Programme.

TIMETABLE

Clinic Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am-11.00am			Open Clinic		Open Clinic	
1.00pm-3.00pm	Open Clinic	Open Clinic		Open Clinic	Diabetes Clinic	
5.00pm-7.00pm			Open Clinic			

Participants are advised to attend the clinic specific to their condition and can attend any of the open clinics throughout the week. Each clinic is limited to 10 participants.

12 WEEK PROGRAMME

12 Week Exercise Programme Packages		
Bronze:	Silver:	Gold:
\$12.00 Weekly	\$25.00 Weekly	\$55.00 Weekly
\$144.00 Full Cost	\$300.00 Full Cost	\$660.00 Full Cost
<ul style="list-style-type: none"> 1 supervised clinic per week Unlimited gym access Basic pre-screen assessment Tailored Exercise programme 	<ul style="list-style-type: none"> 2 supervised clinics per week Unlimited gym access Comprehensive physical assessment Basic post programme progress report 	<ul style="list-style-type: none"> Unlimited supervised clinics Unlimited gym access Advanced physical assessment Fitness Testing Detailed post programme progress report

What some of our participants have said:

"Attending this programme has enabled me to significantly reduce my insulin intake"
 "I feel so much better!"
 "I feel like I can do more things"

The results speak for themselves!

These are some actual results from participants attending this 12 week diabetes programme:

- Weight loss of 7.9kg
 - Muscle gain of 6kg
 - Increased walking distance 302%
 - HbA1c reduced to be below threshold to be classed as diabetic
 - HbA1c lowered by 12 points
- Results may vary between individuals



This programme is run in collaboration with Diabetes Help Tauranga

Call us for a free consultation

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