

TYPE 2 DIABETES & EXERCISE

HOW DOES EXERCISE HELP?

Research shows that exercise can:

- Prevent or delay type 2 diabetes.
- Improve management of blood glucose.
- Decrease the proportion of body fat.
- Decrease the risk of heart disease.
- Increase heart and lung fitness in people with type 2 diabetes.

TYPE 2 DIABETES & AGEING

As people with diabetes age, the benefit of maintaining muscle mass through exercise improves **physical function and independence**. If people are unable to meet the recommended exercise guidelines of 150 minutes per week, there are still health benefits from working towards achieving these levels with tailored advice from experts.

Type 2 Diabetes is a chronic condition characterised by varying levels of insulin resistance causing hyperglycaemia (raised blood glucose levels).



60% DECREASED RISK

INCREASING PHYSICAL ACTIVITY
CAN REDUCE THE RISK OF TYPE 2
DIABETES BY ALMOST 60%.



50% UNAWARE

HALF OF PEOPLE THAT SUFFER
FROM TYPE 2 DIABETES ARE
UNAWARE THEY EVEN HAVE IT.

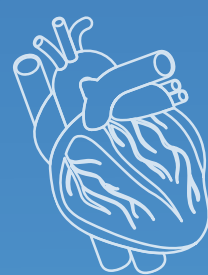
BEFORE STARTING AN EXERCISE PROGRAM IT'S IMPORTANT TO HAVE AN EXPERT EVALUATE YOUR HEALTH:



BLOOD GLUCOSE LEVELS



HANDS & FEET SENSATION



CARDIAC HISTORY



CURRENT WEIGHT



BLOOD PRESSURE

HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **Our team will evaluate the above key health indicators and provide an overall health assessment prior to administering any tailored advice.** We offer tailored exercise programs and group fitness classes designed for your specific needs to improve your health. Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.

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