



DIABETES MEDICAL FITNESS PROGRAM

An evidence-based 6-week tailored program facilitated by Club Active Accredited Exercise Physiologists and Dietitians. This program aims to improve blood glucose management, insulin sensitivity, and overall management of diabetes for at-risk individuals with tailored lifestyle advice.

Program Inclusions:

- FREE over 50s Health Club membership for 6 weeks*
- Unlimited access to Fifty 50 Group Fitness Classes
- 5 one-on-one Exercise Physiology consultations
- 2 one-on-one Dietitian consultations
- Metabolic Scan to measure Blood Pressure and Heart Rate
- Progressive exercise program tailored to symptoms and presentation
- Personalised nutrition advice
- Correspondence with medical professionals and multidisciplinary support as needed

*Terms and conditions apply. Costs payable for the allied health consultations only. Healthcare rebates are applicable for eligible people. See booking details on reverse.

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IS THIS PROGRAM RIGHT FOR ME?

If you are at risk of developing, or have been diagnosed with Metabolic Syndrome or Diabetes; this program is suitable for you. Research shows strength training plays a crucial role in blood glucose management by maintaining/improving your muscle mass. Based on this, our allied health team aims to work with you to better manage your existing condition with safe and appropriate exercises, in conjunction with diet advice, to ensure you feel confident to regain control of your metabolic health and Change The Way You Age.

HOW TO BOOK

Contact our friendly Club team to learn more or scan the below QR code to enquire online now.



clubactive.com.au



HEALTH CARE REBATES AVAILABLE

- For eligible participants, a portion of appointment costs can be bulk-billed through Medicare via EPC referral from your GP (up to 5 allied health appointments per calendar year).
- Healthcare rebates are also available via Private Health Funds for those with suitable coverage.



8 Clinic Locations:

Burleigh, Bundall, Parkwood, Carindale (QLD)

Tweed, Castle Hill, Dee Why, Murwillumbah (NSW)