

# You deserve a reward!

prevent  
diabetes

Live Life Well

Working towards your goals to lower your risk of developing type 2 diabetes can certainly be challenging. So we think you deserve a reward!

As you know, staff at the Prevent Diabetes *Live Life Well* Program have developed a list of safe and effective physical activity and nutrition support providers in your local community.

The **Community Physical Activity and Nutrition Provider List** was developed to make it easier for you to choose support services to help you reach your goals and overcome barriers such as lack of motivation and lack of social support. All the providers on the list meet our guidelines to safely and effectively support you to lower your risk of type 2 diabetes.

We want to encourage you to try out the providers on the list. We think that if you give one (or more) of them a go, you'll see how helpful it can be to have extra professional support to help you reach your goals.

But we also understand that trying out a new service can be hard. So we've developed a new scheme that rewards you for giving it a go!

## Here's how the rewards scheme works.

- 1** We'll post you a letter and a reward card in the next month or so.
- 2** Whenever you attend a provider on the list, show them your reward card and they'll put a sticker on it each time you attend a session.
- 3** Once you have five stickers on your card, send it back to us and we'll post you your reward!

If you'd like to, once you've got your first reward, you can even ask us for another card, collect another five stickers and earn another reward!



## Got a question?

If you have any questions, we'll be happy to help.  
Call Brianna or Leah on 4633 4126.

Turn over to find out how other people have benefited from visiting local providers >

## Berlio recommends you try your local gym

Berlio, from the Southern Highlands, tried a small class at a local gym on the Community Physical Activity and Nutrition Provider List. The class included aerobic and strength training. Not knowing her left from her right, she was pleasantly surprised! We asked her about her experience.

### What did the class involve?

It started off with warm-up exercises to get your heart rate up, including 10 minutes on the bike or the walking machine. Then we did strengthening exercises using weights and bands, then a cool-down period and stretches.

My exercise program started at stage one, so hopefully I will develop quickly to the next level.

### What did you like best?

I liked the fact that the class was small. People were friendly. I liked the companionship. I also liked that the instructor offered individual attention and explanations, and was very clear regarding what the exercises were and explaining how the equipment is used. It makes you feel comfortable and secure that you're in good hands.

### What had you expected?

Well, I'm hopeless at coordination - I don't know my left foot from my right foot! But I was assured that a lot of people find it difficult at the start. I don't think there are any real obstacles to trying a class. Just come with an open mind, and enjoy.

### What's the main thing you've learnt?

To be happy to start exercising at a lower level until my fitness improves, and then I can increase my workout.

### Will you continue to attend the class?

Yes, I will. I like the setting and the support, with the instructor available to teach you if you're doing something wrong. If you're at home you might make a mistake over and over again without being aware that you're doing it. But in the class, the instructor explains what each exercise is for and why you're doing it. I think that's really important.

### Would you recommend it to other people?

Yes, I'd recommend it, because of the individual attention and explanations, and the companionship. And because when you come to a class, you feel motivated to do it, because that's what you're there for.

### What advice would you give to other people thinking of trying out a physical activity or nutrition provider on the list?

Give it a go - you'll be pleasantly surprised!



## Strength training classes worked for Joanne

Joanne, of Leichhardt, has been walking as part of her move more goal, but she wasn't confident enough to start doing strength training by herself at home. So she decided to try one of the strength training classes on the Community Physical Activity and Nutrition Provider List.

After her first class, we asked her about the experience.

### What did the class involve?

At the start of the class, the instructor set me up on the exercise bike. She told me to ignore all the different speeds and resistance levels for today's class - I think she just wanted me to ease into it and only do as much as I could.

The first 20 minutes was cycling on the exercise bike. Then we used stability balls - it was the first time I'd sat on one of those. That was followed by training with weights, and then some leg-strengthening exercises. The instructor gave me alternative exercises to do if I needed to because of my knees, but they were fine.

### What did you like about it?

The fact that I could do it was great! And I felt that it pushed me a bit. I liked seeing the remarkable 90-year-old lady in front of me! And I liked how the instructor encouraged everyone to 'listen' to their body.

I'd been looking forward to the class, but only because I'd already been doing walking at home - if I hadn't, I think I would've felt more daunted.

### What did you learn?

I learnt that I can do it!

I bought some weights at the start of the Program, but when I was carrying them home I pulled a muscle in my back! So I felt very unconfident about starting strength training at home. But after doing the class today, I feel better about doing some exercises at home.

I also learnt a few more exercises that we didn't learn in the group sessions. And the instructor pointed out some changes to my technique - little things that you need someone to tell you.

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### Do you think you'll continue with the class?

Yes, I enjoyed it. I might also find out about the aqua aerobics classes. It's just a matter of finding out a way to fit it in around work. But I could do this class on Saturday morning and another class during the week after work - that's an idea!

### Would you recommend it to other people?

Yes, because it was actually more enjoyable than I thought. When I heard it was a seniors' class, I wasn't too sure - but it was nice to be exercising with other people my own age. I didn't feel at all intimidated, and everyone was very nice.

### How was it different from exercising at home by yourself?

I enjoy walking on my own, but the class was something different. I enjoyed being in the group - it was really nice. It was social, and people were encouraging and all at different levels. The 90-year-old lady looked so well, and was obviously enjoying it. And if I hadn't come today I wouldn't have seen her and got that motivation from her.

### What advice would you give to other people thinking of trying out a provider on the list?

Do it! Try it out. I was extremely nervous beforehand, but once you're there it's not intimidating at all. If you're overweight, you think you'll be on show, but no-one was. It was really good.



I learnt  
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The dietitian  
gave me  
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diet, designed  
just for me.

## A dietitian provided the tailored advice Katarzyna wanted

Katarzyna, of Glebe, wanted to improve her knowledge about her diet and get specific, individual advice about weight loss and other health conditions. She chose to visit a dietitian in her local area from the Community Physical Activity and Nutrition Provider List. We asked her about her experience.

### What did the service involve?

The dietitian gave me an idea of how many calories I should be eating. She told me that I eat very well, but that I needed to check how much I eat by monitoring and checking on a website. She was very good - she could answer all my questions. It was a very good consultation.

### What did you like about it?

I liked the fact that she could answer my questions. I also liked that she gave me options, and didn't define an exact meal plan for me. I am a very good cook - I love good food and I love to entertain people. But I need to be able to quantify my food, so that I can plan. This makes it easy for me to stick to exact portions for weight loss. So I am very happy, very satisfied!

### What did you learn?

The consultation confirmed for me that the basis of the Program is correct.

### Will you visit the service again?

Yes, I will go back for one or two more sessions, to get some more specific advice about other health issues I have and how I can make those better through my diet.

### Would you recommend the service to other people?

Yes. Many people eat unhealthy food, and they improve a lot with the Program by changing to better food. For myself, I was eating pretty good, but I was a bit confused that I was putting on weight and feeling unwell. The dietitian gave me a better understanding. She gave me variations to my diet, designed just for me. I had been to different dietitians before, but she was good in the way she gave advice to suit my lifestyle and improved my knowledge.

### What advice would you give to other people thinking of trying out a provider on the list?

Dietitians are very good. They are able to give you specific advice, and will tailor the information to your health concerns.

## Maryann opted for a personal trainer

Maryann, of Bundanoon, was keen to try out a personal training session so she could develop an exercise program to do at home. She chose a service in her local area from the Community Physical Activity and Nutrition Provider List. After her first session, we asked her about her experience.

### What did the service involve?

I didn't know what to expect. I told the trainer I was interested in doing an exercise program at home, and he showed me all sorts of things I could do. He suggested doing five minutes a day for the first week, before building up to 10, 15, 20 and then 30 minutes a day. I felt that starting with five or 10 minutes was achievable. He said once I got to 30 minutes I could then increase the intensity - just like the Program teaches us. He also asked if I had any injuries, and I told him I had plantar fasciitis (inflammation of the heel or sole of the foot). So he concentrated on that, which was brilliant - I was really impressed with that!

### What did you like about the session?

I've had plantar fasciitis for about two or three years now, and it just seems to get worse. It comes and goes without any rhyme or reason - it's a major barrier. But I think these exercises may help me to overcome that barrier. So I found the session excellent - very positive!

### What's the main thing you learned?

Better posture - and how to try and fix this stupid foot!

### Do you think you'll continue to use this provider?

Definitely. It's the first time I've ever done anything like this and had an instant positive reaction. It was like, 'Yeah! At last, someone has helped!'

### Would you recommend it to other people?

Yes, especially if anyone's got any sort of injury that gets in the way of achieving their goals. Definitely give it a go - I found the results from just one session amazing!

### How was it different from exercising at home by yourself?

At home you can get into bad habits and not realise it. Even in a one-off session, you might be shown how to do something, but as soon as you get home you might pick up a weight and do it the wrong way.

I remember the first time I started doing strength training. I was shown how to do it on a Saturday, but I didn't get around to doing it myself until Monday, so I ended up doing it the wrong way.

It's good to have somebody to say, 'Move your elbows in' - little things like that. Because if you do it wrong you can cause an injury.

### Do you think seeing a personal trainer in a supportive environment makes it easier to stick with your exercise program?

Yes. Because if you're left to your own devices, you think, 'I'll do it later,' or 'I'll do it tomorrow.' It's like my exercise bike at home - I always find an excuse not to use it!

### What advice would you give to other people thinking of trying out a provider on the list?

Try a personal trainer or a class - it's fun!

(I also go to an exercise class on the list - we laugh a lot!)

I think that's the main thing that makes your exercise program successful - if you enjoy doing it, you'll keep going. If it's a drudge, you think, 'I'll go another day.' But if it's fun, you look forward to going.

