

## If you've read this far, you're well on your way!

We hope you have found the information in this kit useful. If you would like more information or to find a provider near you, please visit [www.liftforlife.com.au](http://www.liftforlife.com.au) or call **1300 211 311**



*I had never exercised regularly before, but Lift for Life® has served as a good intro and I will keep up a regular weekly program from now on.*

**Trevor, 51 years**

*I was fairly apprehensive at first, but love the Lift for Life® sessions. The trainers are terrific – skilled as educators, encouraging, supportive and knowledgeable, they are tops!*

**Margot, 67 years**

*I was encouraged to really challenge myself and as a result, feel full of energy. Now I can do things that a few months ago I wouldn't have even tried..*

**Andre, 55 years**



**1300 211 311** [www.liftforlife.com.au](http://www.liftforlife.com.au)

**Lift for Life® is supported by funding from the Australian Government.**

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# LET'S START WITH SOME EASY LIFTING.



**LIFTFORLIFE®**  
exercise made easy

## Every journey begins with a small step

You've just taken an important step towards a healthier future. Wanting to find out more about Lift for Life® shows you're thinking about making a positive change to your life.

Naturally, you will want to know more about what Lift for Life® has to offer. What can you expect from Lift for Life®? Where do you sign up? And how on earth can exercise be made easy?

We hope this kit answers your questions and makes the decision to start Lift for Life® as easy as possible. If you like what you see, everything you need to get started is right here. Or if you'd like to learn more please go to [www.liftforlife.com.au](http://www.liftforlife.com.au)

Alternatively, to be put in touch with your local Provider to discuss the Lift for Life® program you can also call **1300 211 311**. We look forward to meeting you soon.

### *What's different about Lift for Life®?*

Lift for Life® is a strength training program, developed by researchers at Baker IDI Heart and Diabetes Institute. The program was designed specifically for people with type 2 diabetes or those at risk of developing it. The program is also ideal for people with, or at risk of a range of chronic diseases as well as those who have previously been sedentary or who are new to resistance training.

Through Lift for Life® participants can work towards reaching any of the following goals:

- Better diabetes control
- Increased muscle strength and tone
- A healthier weight
- Stronger bones
- Improved flexibility, balance and posture
- Improved mood and increased energy

### *How Lift for Life® works*

Lift for Life® is designed to address the specific needs of people with or at risk of diabetes and other chronic conditions. Reassuringly, the program is only offered at centres (known as Providers) that have been accredited by Fitness Australia and the Baker IDI Heart and Diabetes Institute.

Each Provider has a number of experienced Trainers who receive specialised training to better understand the needs of people with diabetes and other chronic conditions

They are there to offer support, guidance and motivation as you progress through the program. Working in conjunction with your doctor, your Lift for Life® trainer will ensure your progress is well monitored and that your program is run in accordance with Lift for Life® standards.

Lift for Life® has been developed to complement the care and advice given to you by your doctor. It's important to remember that advice on any potential changes to your medication can only be given by your own doctor.

## Before you get started

Making the decision to start Lift for Life® is an important step. Begin your journey by booking yourself in at your local Provider for an initial assessment. Details of your local Provider can be found at [www.liftforlife.com.au](http://www.liftforlife.com.au) or by calling **1300 211 311**. This initial assessment is all about setting achievable goals and developing a strength training program that suits your needs.

Once you have booked your initial assessment, you may need to talk to your doctor and have them complete the Recommendation to Participate Form. Not everyone will need their doctor's approval to participate in Lift for Life®, just those that are identified as having a higher risk of certain exercise related complications. The initial assessment is an essential part of the Lift for Life® referral process as it allows the Lift for Life® trainer to design an individual program specifically to the needs of all Participants.



## Frequently Asked Questions

### *Are there any costs?*

Yes. The program costs are set out by each Provider. Please talk to your local Provider to find out more.

### *Are there any risks?*

For most people, the benefits of regular exercise far outweigh the risk. Lift for Life® is designed to help minimise risks for participants through supervised and graduated exercise programs; specialised training for Trainers; pre-exercise assessment; and regular assessments during the program. All participants who are found to be at high risk of exercise-related complications due to underlying conditions are required to have their doctor's approval before beginning the program. Those who are not at high risk can begin low or moderate level physical activity without the need for medical clearance.

### *How do I locate my local Provider?*

Please log on to [www.liftforlife.com.au](http://www.liftforlife.com.au) or call **1300 211 311** for a list of your local providers.

### *What if there is no Provider close by?*

New providers are continually being accredited through the Lift for Life® training course. Check the Lift for Life® Provider list regularly by logging on to our website [www.liftforlife.com.au](http://www.liftforlife.com.au)

### *How to get started*

Call your Lift for Life® Provider to book an initial assessment. Details can be found by visiting [www.liftforlife.com.au](http://www.liftforlife.com.au) or call **1300 211 311**.