



Dear Lift for Life® Training Participant,

Thank you for attending the recent Lift for Life® training. We hope you found it both enjoyable and beneficial.

Enclosed you will find the Lift for Life® Training Assessment. Please complete this assessment and return along with your completed Pre-Training DVD questions to:

Fitness Australia
Chris Alexander – Lift for Life® Training Coordinator
Ground Floor, 180 Albert Rd
SOUTH MELBOURNE, VIC 3205

Please ensure your assessments are returned to Fitness Australia with **one month of the workshop**. Once we have received your completed assessments we can issue you with your Lift for Life® Certificate of Accreditation.

If you have any questions concerning the Lift for Life® program, the Pre-Training DVD questions, or the Assessment task, please feel free to contact Chris Alexander via email chris.alexander@fitness.org.au or phone 1300 211 311.

Kind regards,

Chris Alexander
Lift for Life® Training Coordinator





**Lift for Life® Training:
Participant Assessment Task**

Name: _____

Address: _____ **State:** _____ **PC:** _____

Program Dates: _____

1. What is diabetes?

_____ /2

2. What are the risk factors associated with Diabetes?

_____ /2

3. What is difference between type I & II Diabetes?

_____ /2

4. What is the role of insulin?

_____ /2



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5. List two reasons why someone could experience hyperglycaemia?

/2

6. "In Australia one million people have diabetes, but half of them don't know it".

Explain: _____

/2

7. The normal blood glucose level ranges between _____ and _____ /2

8. What is hypoglycaemia?

/2

9. List two symptoms of hypoglycaemia?

/2



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10. What steps would you take if a participant test their blood glucose level and it was 3.2mmolL?

/2

11. List two symptoms of hyperglycaemia?

/2

12. People should delay exercise if their BGL is less than 3.5mmolL?
True or False (please circle) /1

13. Why does exercise increase the risk of having a hypo?

/2

14. List 4 key message about nutritional management of diabetes?

1. _____

2. _____

3. _____

4. _____ /2



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15. What are 4 common chronic conditions that might be present with Diabetes? Explain the 2 precautions/contraindications that you will need to consider and 2 advantages of implementing a Lift for life® strength training program into their weekly routine:

Common Chronic Conditions	Precautions/Contraindications	Advantages of Strength Training

/8

16. LIFT for LIFE® has many unique elements. Briefly explain the reasoning behind:

- Approval to participate form is mandatory for high-risk participants

- Standardise assessment and re-assessment

- Small groups



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- Introduction week

- 6 month program (3 x 8 weeks)

/5

17. List the 8 stages of Motivational Interviewing training?

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
- /4

18. Motivation = Im_____ + Co_____

/2

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Rec. Ax
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Cert Sent



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DVD Questions:
Current strength Training Research

1. How does exercise effect glucose uptake in people with type 2 diabetes?

2. Define sarcopenia. Why is sarcopenia an issue for the management of health?

3. List the reported benefits of resistance training.

4. What are the effects of both aerobic and resistance exercise on:

- HDL (high density lipoprotein cholesterol)? _____
- LDL (low density lipoprotein cholesterol)? _____

5. Identify a common comorbidity associated with Type 2 diabetes.

6. What is HbA1c? What is HbA1c a measure of? Is the lowering of HbA1c desirable for people with Type 2 diabetes?



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7. According to the research quoted, low intensity resistance training results in a significant lowering effect on HbA1c. True or False (please circle)?

8. List the reported benefits of strength training for Type 2 diabetes.

9. What are the 2006 ADA recommendations for physical activity for people with Type 2 diabetes?

10. Based on the research from Baker IDI what are some of the reasons that home based unsupervised resistance training may not be as effective as supervised centre based training?

11. The benefits of lifestyle management have been clearly demonstrated by Dr. Dunstan in this DVD presentation, but he mentions other issues that need to be addressed in order to manage this chronic disease epidemic. Please explain!



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DVD Questions:
Strength Training Guidelines

1. Explain why the "Physical Activity Recommendations for Adults" from the American College of Sports Medicine & American Heart Association were upgraded.

2. "You don't have to lose weight to improve blood glucose control." – Explain:

3. "Exercise Intensity is a better predictor of improved HbA1c than exercise volume". True or False? (please circle) – Explain:

4. The greatest health and fitness gains are achieved when you "take someone" from doing nothing to doing something". True or False? (please circle) – Explain:

5. List the 3 changes that were made to the Physical Activity Guidelines for healthy adults (aged 18-65 years).

1. _____
2. _____
3. _____



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6. What are the two additional exercise prescription considerations when designing exercise programs for older adults (65+) or adults with chronic medical conditions or functional limitations.

7. According to the "ACSM position stand on Progression Models in Resistance Training for Healthy Adults", there are 8 principles that need to be considered for exercise prescription. Please list these 8 principles and provide a brief explanation of how these are applied to both strength and hypertrophy training.

1.

2.

3.

4.

5.

6.

7.

8.



DVD Questions:
Sedentary Behaviour

1. "Sitting induces muscular inactivity". True or False? (please circle) – Explain the significance of this statement.

2. 2-4 hours of television watching per day increases the risk of :

3. "You can be highly active and highly sedentary". How is this possible?

4. A "prolonger" is someone who gets up and moves on a regular basis. True or False (please circle)?

5. A half a day of standing is equivalent to:



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