



LIFTFORLIFE®
exercise made easy

FREQUENTLY ASKED QUESTIONS

What is LIFT for LIFE?

LIFT for LIFE is an evidence based strength training program for people with diabetes or those at risk of developing type 2 diabetes.

Where are the active providers?

There are currently 6 **active** providers in Metropolitan Melbourne.

1. EFM – Ferntree Gully
2. EFM – Caulfield
3. Studio 1240 – Glenhuntly
4. Fernwood Hawthorn (women only)
5. Southern Suburbs Physiotherapy Centre
6. South Pacific Health Club

The contact details for each provider is available on the website www.liftforlife.com.au or you can ring us on 1300 733 143.

What do I need to do to get started?

You will need an **Approval to Participate Form** signed by your GP or physician. This form is for your safety and well being and ensures your initial assessment takes into account any medical conditions that you may have.

The form is available on our website www.liftforlife.com.au or you can ring us on 1300 733 143 and ask for the form to be sent to you.

What is the benefit of strength training for diabetes control?

In short, the way your muscles contract during strength training has an insulin-like effect that can help control diabetes. Even a small increase in muscle size can be very beneficial in improving blood glucose control.

Why is it different to other exercise programs for people with type diabetes?

There is no other evidence based, structured exercise program for people with or at risk of type 2 diabetes that offers both the exercise structure and accredited LIFT for LIFE trainers who prescribe the exercise and support the participant during the exercise.

Why do people start the program?

Through Lift for Life you 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

Above all, LIFT for LIFE is about improving your quality of life and enjoying the things you used to do. Even simple things, like gardening or shopping, will become much easier once you start your program.

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INTERNATIONAL
DIABETES
INSTITUTE

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Why do you say it is 'exercise made easy?'

We know that it's been pretty hard for people with diabetes to find exercise programs where the people running them know about diabetes and how to provide advice, exercise programs and support people with diabetes. We have made it easy by training fitness staff in gyms, health clubs and other facilities to prescribe exercise for people with or at risk of type 2 diabetes, and supporting them with resources that make it easy for someone to get started.

What are the benefits, what do I get?

- You receive your own tailored strength training program – you start at a safe level and progress as your strength increases.
- Accredited LIFT for LIFE trainers guide you through your program providing support and motivation.
- Sessions are conducted in small groups of 8-12 people. This guarantees a supportive environment with plenty of individual attention from your Trainer.
- You only need to attend 2-3 strength training sessions per week to see results.
- Regular session times make it easy to plan ahead and establish a routine that fits in with your lifestyle.
- You are assessed every 8 weeks. This helps monitor your progress and keep you on track to reach your goals.

Why is it delivered in health and fitness centres?

Offering the benefits of LIFT for LIFE to as many people as possible means we need to find locations within the community that have the space and equipment for an accredited trainer to work.

That may be a physiotherapy clinic, a personal training studio, a larger fitness centre or a multi-use facility with

pool, exercise equipment and other services. The most important thing to remember is no matter what choice you make, you will get a consistent, individual and supervised experience of LIFT for LIFE.

Do people pay for LIFT for LIFE?

Yes participants pay the provider for participating in LIFT for LIFE. Our recommendation is **\$10-15 per session**. This is about the cost of a cinema ticket. The Bronze program (first 8 weeks) has 2 sessions per week of 1 hour each.

Who determines the final cost?

The cost of the LIFT for LIFE program is determined by the individual provider and it may vary across facilities.

Will some people not be able to afford this?

We are keen to be able to offer incentives or rebates to make the program more accessible as access to the broadest number of people with diabetes is one of our key drivers.

That's why we are in talks with the government, private health insurers and employer groups to try to make sure LIFT for LIFE is accessible across Australia and that the highest numbers of people get the benefits of the program.

Is there anything I can do while I wait for LIFT for LIFE to be available in my area?

The National Physical Activity Guidelines are of great assistance to people wanting to start exercise, or you can contact your local council for information on strength training programs available in your area.

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