

# About Baker IDI Heart and Diabetes Institute

Baker IDI Heart & Diabetes Institute is an independent, internationally renowned medical research facility. Our work extends from the laboratory to wide-scale community studies with a focus on diagnosis, prevention and treatment of diabetes and cardiovascular disease.

Our mission is to reduce death and disability from cardiovascular disease, diabetes and related disorders; two insidious and complex diseases responsible for the most deaths and the highest costs in the world in terms of treatments and hospitalisation.

Our main laboratory facilities located on the Alfred Medical Research and Education Precinct (AMREP) in Melbourne are complemented by a national network that includes a research facility in Alice Springs dedicated to Aboriginal health and a preventative health laboratory in South Australia with a focus on nutrition and community intervention research.

The institute's work covers broad themes of research, each of which supports groups of scientists who

work in a laboratory setting as well as researchers who work in the community. This integration of basic scientists with epidemiologists, clinicians and public health professionals is central to Baker IDI's strategy to perform research that is directly informed by community needs and to translate discoveries into everyday clinical practice.

For more information, visit: [www.bakeridi.edu.au](http://www.bakeridi.edu.au)



## Fitness Australia

**Fitness Australia is the national health and fitness industry association working for a Fitter, Healthier Australia. Our mission is to raise standards, support, promote and represent the fitness industry.**

Fitness Australia is a not-for-profit, member-based association with over 1,300 registered fitness business members and over 23,000 registered exercise professionals Australia-wide. Business members include fitness centre owners and managers, from small to medium sized businesses and personal training studios through to large, multi-national businesses and franchises.

Registered exercise professionals are those who have successfully attained the recognised qualifications, have registered with Fitness Australia and who are generally employed, self-employed or contracted by fitness businesses within the fitness industry.

Together Fitness Australia and Baker IDI, the national heart and diabetes institute are delivering Lift for Life® to help combat the increasing incidence of type 2 diabetes and other chronic diseases in Australia.

For more information, visit [www.fitness.org.au](http://www.fitness.org.au)



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

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# FROM RESEARCH TO REAL LIFE: A PROGRAM WITH REAL IMPACT



**LIFTFORLIFE**<sup>®</sup>  
exercise made easy

# The Healthy Communities Initiative

## Great news for Australians

At the Council of Australian Governments ('COAG') meeting in November 2008, all States and Territories agreed to the National Partnership Agreement on Preventative Health (the 'National Partnership'). Under the National Partnership, \$72 Million is available over four years (2009-10 to 2012-13) for the Healthy Communities Initiative ('HCI') which aims to reduce the prevalence of overweight and obesity by maximising the number of at-risk individuals engaged in healthy lifestyle programs. The Initiative targets disadvantaged populations and those predominately not in the paid workforce.

The HCI provides grant funding to Local Government Areas ('LGAs') to support the delivery of effective community-based physical activity and dietary education programs as well as the development of a range of policy environments to support healthy lifestyle behaviours ('LGA Grants').

The HCI also provides National Program Grants to not-for-profit organisations that have demonstrated

success in delivering community-based healthy lifestyle programs in more than one location to expand their program nationally ('HCI National Program Grants'). This will help ensure that the majority of communities receiving LGA Grants have access to established and effective programs, should they wish to utilise them. Fitness Australia has received National Program Grant funding to implement the Lift for Life program nationwide as a part of the COAG Healthy Communities Initiative.

The Lift for Life® program is an evidence-based resistance training program for people with or at risk of type 2 diabetes. Lift for Life® also has relevance for the prevention and management of chronic diseases such as arthritis and osteoporosis. Adult men and women of any age are permitted to participate in the Lift for Life® program.

Lift for Life® is provided through licensed health and fitness businesses, including fitness centres, personal training studios and physiotherapy clinics.



**'Exercise is an essential part of therapy for patients with type 2 diabetes. My patients have come back reporting Lift for Life® is fun, effective, and one of the best therapies I have offered. Most of these patients have feelings of improved well-being, improved blood sugar control and weight loss. They find the environment is non-intimidating due to the small group numbers and quite cost effective. I have no hesitation to recommend Lift for Life® to any patients with type 2 diabetes.'**

**Dr Leon Chapman FRACP, Specialist Physician**

## Strength training for type 2 diabetes – the research so far

Based on the strength training research undertaken at Baker IDI Heart and Diabetes Institute (Baker IDI) and other international research groups, the American Diabetes Association recently revised its guidelines relating to exercise in people with type 2 diabetes. It specifically recommends that, in addition to regular aerobic exercise, strength training sessions be included into an exercise plan of people with type 2 diabetes three times per week. In addition to improving blood glucose control, strength training has a number of unique health benefits which can, and should, be enjoyed by everybody – regardless of age, body type and fitness level. These include:

- improves muscle strength, endurance and power, and so improves the ability to perform daily tasks and reduces the risk of injury

- assisting with weight control through increasing lean muscle, decreasing fat mass and therefore, increasing metabolic rate
- positive affects on bone mineral density which strengthens bones and reduces the risk of osteoporotic fractures
- improved flexibility, balance and posture
- reduced pain and disability from osteoarthritis and rheumatoid arthritis
- reduced the effects of stress and depression
- added overall improvement in quality of life.

Reference: Sigal RJ, Kenny GP, Wasserman DH, Casteneda-Scheppa C, White R. Physical Activity/exercise and type 2 diabetes. A consensus statement from the American Diabetes Association. *Diabetes Care* 29: 1433-1438 2006.

## Research to real life impact

The research conducted by Baker IDI has generated enormous interest from the community. The Institute is committed to translating these findings into programs that benefit the wider Australian community. This has led to the development of Lift for Life® – a flagship physical activity program for the Institute.

- Lift for Life® is a unique program which provides specialised exercise care to people with, or at risk of, type 2 diabetes and other chronic disease.
- Lift for Life® aims to improve diabetes control; decrease body fat; increase strength; and enhance general health and well-being through a structured approach to strength training.
- Lift for Life® introduces Participants to progressive strength training, and supports the establishment of a regular strength training habit.
- Lift for Life® strength training programs are individually tailored to maximise results.

- Lift for Life® can only be delivered by Trainers and Providers accredited by Fitness Australia.
- Lift for Life® is conducted in small groups over six months, with three distinct eight week phases, Bronze, Silver and Gold.
- The program involves:
  - Medical clearance for participants assessed as being at high risk of exercise-related complications
  - Baseline assessment to measure strength and functional capacity
  - An individualised progressive resistance training program for each participant
  - Follow-up assessments, program reviews and modifications are undertaken at each eight week phase
  - Generation of electronic progress reports for participants and referring health practitioners at completion of each eight week phase

## Lift for Life® evolution

Since mid-2003, Lift for Life® has been licensed to over 80 centres Australia-wide and over 1000 people have participated in Lift for Life® during this time.

The Institute's on-site program at Caulfield provided a testing ground for early program development whilst the experience from the roll-out to community

health and fitness centres has ensured that Lift for Life® processes are appropriate to the current practices within these community-based settings. This has provided the Institute with valuable insight and contributed to the evolution of Lift for Life®.

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