



DIABETES EXERCISE PROGRAM

Exercise improves glycemic control for people with Type 2 diabetes. Aerobic exercise has been shown to achieve reductions in HbA1C levels. Supervised progressive exercise achieves better outcomes.

Diabetes Exercise Program

Following detailed medical assessments and testing performed by Accredited Exercise Physiologists, you will commence a 8-week program of guided Exercise and Education with the option to continue in the specialised care of our practice.

Join Anytime

Prioritise your health by joining our Diabetes Exercise Program anytime. Participate in 60-minute supervised group exercise sessions with flexible enrolment and personalised care, it fits seamlessly into your lifestyle and supports you every step of the way.

Medicare rebates may be available with a referral as part of a Chronic Condition Management Plan and Type 2 Diabetes Group Services. Additionally, private health insurance coverage may apply, depending on your individual policy



For more information
please visit
exercisemedicine.org.au



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