

Accredited Exercise Physiologists—How can they help me manage my Diabetes?

Accredited Exercise Physiologists (AEPs) are University trained, allied health professionals who specialise in evidence-based, personalised exercise programs with the overall goal of preventing or managing chronic illness or injury and assisting in achieving your optimal functional capacity, health and wellness. The programs are practical, personalised and mostly home-based and have a strong focus on successfully changing lifestyle behaviours.

Type 2 Diabetes Mellitus (T2DM) is a chronic disease where the body's cells do not properly respond to insulin. Mostly this leads to high blood glucose levels. Studies have shown that exercise can help improve blood glucose control as well as reducing body fat and decreasing the risk of heart disease. Increasing your level of physical activity can reduce the symptoms related to T2DM by about 12%.

Poorly controlled blood glucose levels can lead to some serious effects of T2DM such as heart, kidney and eye disease.

An AEP can help by providing motivation and by designing a program of exercise or physical activity, with you, that is both appropriate and effective, without being scary or impossible to achieve or maintain. The program will take into account your capacity to exercise and any health issues you may have aside of your diabetes concerns.

You don't need to do it alone. Let us help you succeed.

What Does an AEP Session Include?

Typical sessions include:

- an initial assessment to determine your health status, and physical activity history;
- education about how exercise therapy can help to treat or improve your condition and improve your quality of life;
- discussion on your exercise and health goals and developing strategies together to achieve these;
- development of an exercise program - clinical or home-based, individual or group;
- instruction on how to do the exercises, including demonstration and coaching to achieve good technique;
- written reports back to your GP or Specialist detailing your exercise plan and progress; and/or
- ongoing review to track your progress and identify the need to change your program as it occurs.

What Should I Wear/Bring?

You should wear clothes that are comfortable to move around in. An AEP session will include some amount of physical activity, so comfortable clothes and shoes (such as joggers) are ideal.

Please bring along a list of your current medications to your first session and ensure that you bring with you any medications that you may require during the session—such as medication for help with breathing or angina.

To Book an Appointment
Contact Marlene Directly -



The Active Effect
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Exercise Physiology.

**Exercise Therapy—Integral to
Type 2 Diabetes Management**



*For exercise that is practical and
personalised ... and not at all scary*

*Do you need some help with
making lifestyle changes
to better manage your
diabetes and improve your
health and wellbeing?*

ESSA:
EXERCISE & SPORTS SCIENCE AUSTRALIA
ACCREDITED EXERCISE PHYSIOLOGIST