



Lifestyle Modification Program (LMP) ***'Reset your Life'***

Developed for the Australian General Practice Network, the program targets individuals aged 40-49 years (Aboriginal and Torres Strait Islanders aged 15 to 54 years), whom are at risk of Type 2 Diabetes. The program aims to educate, support and thus reduce the likelihood/ onset of Type 2 Diabetes. Participants are referred onto the program via their GP. The program itself is subsidised by the government at a maximum cost of \$50 to the participant. The program consists of a series of group education and motivation sessions generally facilitated by an exercise physiologist or alternatively, an experienced health professional.

Session and Program Structure

The participant is expected to partake in seven sessions over either 6 or 8 months (at the facilitator's discretion).

- Sessions 1 and 2 are two hours, fortnightly
- Sessions 3 and 4 are 1.5 hours, fortnightly
- Session 5 is 1 hour and occurs 3 months after commencement of the program
- Session 6 is 1 hour and occurs 4 months after commencement
- Session 7 (follow up) is 1 hour and occurs 6 or 8 months after program commencement

Information Contained in the Sessions

The following information will be contained in at least one of the sessions encompassed within the program:

- Risk of diabetes
- Eating awareness
- The benefits of partaking in physical activity
- How to exercise safely
- Carbohydrates, fibre and cholesterol
- Blood lipids
- Nutrition information and label reading
- Stages of change
- Stress management
- Depression and anxiety
- Smoking (if applicable)

Useful Links

HealthInsite - www.healthinsite.gov.au/

Contact

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