



BEAT IT

8 Week Exercise Program in Bald Hills

What's it all about?

BEAT IT is a FREE 8 week physical activity and lifestyle program delivered by an Accredited Exercise Physiologist. This life-changing program can help you get back into a healthy routine to better manage your diabetes.

Whether you have exercised before or need some help getting started, the BEAT IT program will help you on your journey to a healthier and more active life. The Exercise Physiologist will tailor individual exercises to your specific needs within a friendly and supportive environment.

What does it involve?



Initial assessment



Tailored exercise program



16 group sessions (2 per week)



Education sessions



Tracking your progress



Final consultation

The average BEAT IT participant reduces their waist circumference by **2.5cm** during the 8 week program!

See overleaf to find out how to get started!

The next 8 week program near you:

- Program starts:** Monday 13 May 2019
- Duration:** Two 1 hour sessions per week for 8 weeks (16 in total)
- When:** Every Monday & Wednesday - 10:00am – 11:00am OR
Every Monday & Wednesday 6:00pm – 7:00pm
- Where:** Green Apple Wellness, 21 Bald Hills Rd, BALD HILLS

How to get started:

1. Call 1300 136 588 or visit diabetesqld.org.au/get-involved/what's-on to register for the 8 week program. Bookings are essential as there are limited places available.
2. Look out for your starter pack in the mail, and get your Medical Clearance form signed by your GP before your initial consultation.
3. Attend your 45min initial consultation with your BEAT IT Trainer before the 8 week program starts.
4. Attend your group exercise sessions and education sessions. You must be able to attend every session for the duration of the 8 week program.

This program is FREE for NDSS registrants who have not participated in a BEAT IT program within the last 2 years.

**Limited places available. Bookings are essential.
Call 1300 136 588 to register today!
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more information.**