

Physical Activity Program

The physical activity program incorporates the following:

- Two or more physical activity sessions per week held at the accredited aquatic and recreation facility at times specified by aquatic and recreation facilities throughout the life of the program.
- Health and fitness assessments conducted before commencement of the program, and every 6-8 weeks thereafter.
- Personalized participant physical activity programs designed by fitness instructors.

Physical Activity Program Structure

Timeframe	Session Type	Frequency Physical Activity
Upon Enrolment in Program	Booking Health & Fitness Assessment, Program Design Session.	No access to facility until induction, assessment and program design conducted.
Week 1	Facility Induction Health & Fitness Assessment Program Design & supervised run through	Twice weekly access to facility at specified time.
Week 6-8 Week 12-14 Week 18-20	Health & Fitness Re-Assessment New program design Program run-through	Twice Weekly access to facility at specified time
Follow up Session (6th month)	Information ongoing facility access options and community physical activity options	Upon completion of program

Lifestyle Modification Program

In addition to the physical activity program participants will also go through a nationally accredited LMP consisting of 7 group education and motivation sessions supporting lifestyle change.

Note: Sessions are facilitated by an appropriately qualified fitness instructor and supported by local allied health professionals where appropriate

Motivation & Education Sessions

Phase	Number & Length of Sessions	Session Content
Intensive phase 1 Fortnightly - 2 months	Session 1 – 120 minutes	Introduction & what is pre-diabetes?
	Session 2 – 120 minutes	Physical activity & healthy weight
	Session 3 – 90 minutes	Introduction to healthy eating
	Session 4 – 90 minutes	Preventing cardiovascular disease
Intensive phase 2 Monthly – 2 months	Session 5 – 60 minutes	Staying motivated & positive thinking
	Session 6 – 60 minutes	Stress management
Follow up session – At 6th month from commencement	Session 7 – 60 minutes	Follow up sessions