

DIABETES Program Outline

The diabetes program is a two part personalised intervention program including diet modification, clinic and home based exercises, motivational interviewing and psychological support to transition participants through lifestyle changes.

The individual component enables the participant to gradually ease into the program on an individual basis with a qualified and experienced exercise physiologist and dietician.

The group component then progresses the participant to be more independent and in control with small group sessions fully supervised by the exercise physiologist.

Program Benefits

- Reduction in body fat
- Improvement in the body's response to insulin, lowering blood glucose levels
- Reduction in blood pressure
- Improvements in general well being
- Improvement in peripheral circulation
- Improved psychological benefits such as increased feelings of control
- Strong social support

State of the Art Facility and Equipment

At the Vario Wellness Clinic we have state of the art equipment with testing capabilities including:

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Resting Metabolic Testing
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

Medicare rebates may apply if referred by a GP. Some health insurance companies also provide rebates. Please discuss with your GP or Health Insurance Fund.

To make an appointment or find out about our costs, please contact:

Vario Wellness Clinic

Telephone: 6304 3444

Email: variowellness@ecu.edu.au;

Website: www.variowellness.org