

LIFESTYLE MODIFICATION PROGRAM (Including LIFE! Program)

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8-15 people, partners welcome if facilitator informed. Once fortnightly session x 5, then 6th session at eight month mark

Session One

- Introduce program goals: decrease fat intake, increase fibre intake, incorporate exercise into lifestyle; slow maintainable long term weight loss
- focused on increasing knowledge base around cholesterol (saturated fats etc); high blood pressure and pre diabetes/diabetes
- Risk Factors for Diabetes. Which risk factors can be modified?
- Why diets don't work?
- Introduction of SMART goal setting (small changes, behavior focused)
- Weight/waist measure for baseline data

Session Two

- Review different fats and risk factors
- Introduce plate model of eating
- Introduce Australian guidelines healthy eating and exercise
- Ideas how we can incorporate these
- What are the key factors to individuals past successes?

Session Three with Exercise Physiologist or Physiotherapist

- Different types of exercise – Incidental, Resistance, Aerobic
- Focus on Resistance and chronic disease management/loss of muscle as we age
- Participate or watch 20-30 minutes of exercises that could be done in home or office (to maximize movement opportunities for those time short and no gym costs)
- Set SMART exercise goal

Session Four

- Label reading/props
- Supermarket plan
- Recipe Modification
- Example of small changes to daily food intake
- Introduction of non hungry eating/fullness awareness/eating to enjoy
- Alien activity or sultana activity
- Set SMART goal related to healthy eating

Session Five

- Importance of a good nights sleep
- Stress and Management
- Managing Cravings
- Managing Relapses
- Weight and Waist Measurement
- Staying on track
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GP FEEDBACK AT THIS POINT

Session Six

- People on Track?
- Further supports
- Talk about experiences
- Encouraged to keep in contact
- Weight and waist

PROGRESS FEEDBACK to GPs ON COMPLETION OF THE COURSE