



LIFTFORLIFE®
exercise made easy

LIFT FOR LIFE®

RESISTANCE TRAINING PROGRAM



Lift for Life® is supported by funding from the Australian Government

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My patients love the support, the goals and the improvements that they see in their health through Lift for Life®. It is a wonderful initiative and has given me the confidence to refer people with health issues into a supported and motivational program for them to regain health. A fantastic program.

**-Ralph Audehm,
General Practitioner
GP Clinical Director**

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LIFT YOUR HEALTH, FITNESS & HAPPINESS

**GET ACTIVE AND TAKE CONTROL
OF YOUR HEALTH TODAY!**

Lift for Life® is perfect for any age and any fitness level. Even if you haven't been physically active in a while, Lift for Life® will help improve your quality-of-life! There are low-cost options available in some areas to make it easier to get started and making it accessible for everyone.

WHAT IS LIFT FOR LIFE?

Lift for Life® is a unique resistance training program designed for adults with (or at risk of developing) type 2 diabetes and other chronic conditions. Resistance training involves using your own body weight or resistance equipment like a dumbbell or rubberised band. The great thing about Lift for Life® is that you can start at a level that's right for you, and go at your own pace.

“I would definitely recommend the program and advise people your quality-of-life can improve with the right exercises.”

-Frank Kendall, participant

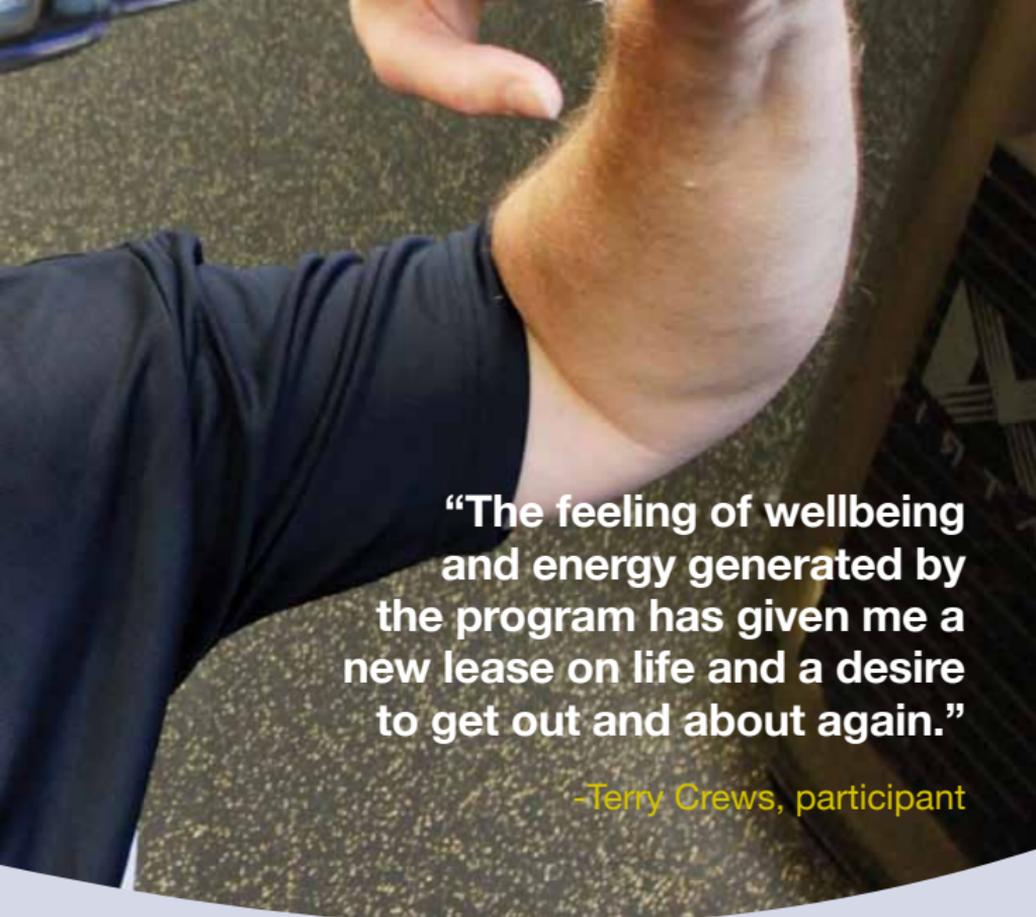


GO FOR GOLD

Lift for Life[®] is made up of a series of three 8 week programs: Bronze, Silver and Gold. All sessions are run in small groups (up to 12 people) and you only need to attend 2-3 sessions a week to start noticing improvements!

STRENGTH IN NUMBERS

When it comes to regular physical activity, the first step is often the hardest. Working out alone can be frustrating and difficult, but with Lift for Life[®], you have a team of experienced trainers on hand to guide you through each session, with individual advice and support, in a friendly environment.



“The feeling of wellbeing and energy generated by the program has given me a new lease on life and a desire to get out and about again.”

-Terry Crews, participant

REAP THE REWARDS

Through Lift for Life[®], you can begin to see benefits in the first few weeks. Even simple things like shopping, gardening or playing with the kids become easier and more enjoyable. You can also achieve:

- better diabetes control
- increased muscle strength and tone
- a healthier weight
- stronger bones, improved flexibility, balance and posture
- improved mood and increased energy.

▶ GET STARTED TODAY!

Do more, feel great! To find your local provider call 1300 211 311, visit www.liftforlife.com.au or check the back of this brochure. Take the first step today!

There's a Lift for Life® Provider near you.

Health Professionals: Refer your clients into Lift for Life®

HEALTHY RESISTANCE

Lift for Life® is a research-to-practice program designed to be simple and fun. Resistance training has been proven to reduce the risk, or help manage, type 2 diabetes and other chronic conditions.

Studies have found that the program:

- increases upper and lower body strength
- provides significant decrease in waist circumference
- has excellent adherence rates
- reduces HBA1c levels by 0.8 percentage points, enough to reduce the risk of diabetes complications.

For health professional referral resources go to www.liftforlife.com.au



www.liftforlife.com.au | 1300 211 311

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