

COAST SPORT DIABETES PROGRAM

Coast Sport are offering a group Diabetes program that involves a supervised 60-minute exercise session under the guidance of Leigh-Anne, our accredited Exercise Physiologist.

It is an 8 week program with sessions including:

- Cardiovascular exercise
- Strength and conditioning
- Guidelines for exercise training intensities
- Rehabilitation for co-existing conditions such as lower back pain
- Home program prescription for maintenance

When: Monday 10.00am- 11.00am

Where: Coast Sport, Mariners Centre of Excellence, Suite 104, 4/1 Bryant Drive, Tuggerah

Benefits of this program include:

- Decrease Hba1c
- Decrease fasting blood glucose
- Decrease blood pressure
- Improved body composition
- Increase strength mobility and function
- Plus, many more!



COASTSPORT
PHYSIO + SPORTS MEDICINE

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Referral required

Patients require a referral from their GP.

Reports will be sent out to patients GPs regarding progress.

Cost

Initial assessment \$85 (Medicare rebate \$67.90)

Group sessions \$20 (Medicare rebate \$16.95)

For GPs

Referral for 2 Exercise Physiology sessions on Medicare CDM

Referral for Diabetes group sessions (8) on Medicare CDM

Bookings

Spots are limited, so secure your booking now to avoid disappointment.

Maximum of 8 patients

Contact Coast Sport on

P: 02 4356 2588

E: admin@coastsport.com.au



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Mariners Centre of
Excellence
Suite 104, 1 Bryant Dr
Tuggerah NSW 2259

P. (02) 4356 2588
F. (02) 4356 2580
E. admin@coastsport.com.au
W. www.coastsport.com.au