

Are you **at risk** of developing diabetes?

- Are you **over 40 years of age**?
- Has anyone in your family ever been **diagnosed with diabetes**?
- Have you ever had a **high blood sugar level**?
- Are you on **medication** for **high blood pressure**?
- Do you smoke** or use any other tobacco products every day?
- Do you eat less than **3-5 serves of vegetables and 1-2 serves of fruit each day**?
- Do you do **less than 30 minutes of physical activity every day**?

If you have ticked one or more of these boxes you may be at risk of developing type 2 diabetes. Many Australians, particularly those over 40, are at risk through lifestyle factors such as nutrition and physical activity. Family history and genetics also play a role in type 2 diabetes.

You can have type 2 diabetes and not know it because **there may be no obvious symptoms**. If you have any questions about pre-diabetes or type 2 diabetes, you should speak with your doctor.

What is **type 2** diabetes?

- **Type 2 diabetes** is a chronic (long-term) disease marked by high levels of sugar in the blood.
- **Type 2 diabetes** is the most common form of diabetes. There are approximately 1 million people with type 2 diabetes currently. This figure is expected to increase significantly in coming years.

What can you do to **lower** your **risk** of developing type 2 diabetes?

Your lifestyle choices can prevent, or at least, delay the onset of type 2 diabetes.



You cannot change risk factors like age and your genetic background.

You can do something about being overweight, your waist measurement, how active you are, eating habits or smoking.

Reset your life, a healthy lifestyle group program, aims to teach you how to improve your lifestyle to assist in preventing or delaying the onset of type 2 diabetes.

Reset your life Program

Reset your life is designed specifically for people between the ages of 40 – 49 years at 'high risk' of type 2 diabetes and helps you to change your lifestyle in ways that can prevent you getting a serious long-term chronic disease. It will also help you to keep up these lifestyle changes, in the long-term.

Access to this program is by referral from your doctor who will identify your level of risk of developing type 2 diabetes.

The program has been developed by experts at the Baker IDI Heart and Diabetes Institute and is accredited to ensure it is of the highest quality. The program is subsidised by the Australian Government.

***Reset your life* is a group program with no more than 15 people in each session, where you will learn more about:**

- pre-diabetes, including the risk factors, how it is diagnosed and treated and how to prevent or delay type 2 diabetes
- healthy eating
- physical activity
- how to make healthy lifestyle choices
- stress management
- setting goals to improve your health



How long will the program go for?

Reset your life has seven sessions, which run over six months.

In the first two months you will attend four sessions on a fortnightly basis. In the third and fourth months, you will attend two sessions on a monthly basis. Session seven will be at six months after you start the program.

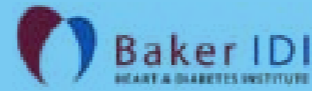
Each session duration varies between one or two hours.

What happens after you finish the program?

When you have completed the program, the facilitator or provider will send your doctor a written report.

It will include your progress on achieving your goals to improve your diet and physical activity, and give your weight and waist measurements.

You will also get the opportunity to make comments on the program on a feedback form.



Reset your life will be held at various locations depending on the residential area of the majority of participants.

For further information about the Reset your life program and enrolments contact:

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