



The physical activity program that anyone can do!

BEAT IT is an innovative, tailored physical activity and lifestyle program. It is designed to assist those at risk of, or living with, diabetes and other chronic conditions, through awareness and physical activity - all in a safe and supportive environment.

BEAT IT classes are fun, safe and supportive. Classes start slowly and build up as the participant's confidence, health and fitness improve.

BEAT IT is not just an exercise class, it's design assists participants build the life skills and confidence to get active and stay that way.



1 in 4
Australian
adults has either
diabetes or
pre-diabetes¹



BEAT IT providers work with each participant individually to identify their needs and then tailor the program around each person's health and lifestyle goals to ensure everybody gets the most out of the program.

All **BEAT IT** programs are delivered by qualified professionals who have been trained and certified by Diabetes NSW.

At least 80% of premature heart disease, stroke and type 2 diabetes could be prevented through regular physical activity, healthy eating and avoidance of tobacco products².

BETTER HEALTH THROUGH EXERCISE

The Program

Each participant must complete a confidential one-on-one assessment with a Diabetes NSW BEAT IT Certified Trainer. This is then followed by twice weekly group exercise sessions (1 hour each) and weekly lifestyle education sessions.

The whole program runs over eight weeks. To ensure safety anyone with, or at risk of diabetes and other chronic conditions may require medical clearance from their General Practitioner before participating.

The Benefits

BEAT IT combined with other regular physical activity can:

- Reduce the risk of developing diabetes and other chronic lifestyle conditions
- Assist with diabetes and other chronic disease management
- Reduce the risk of developing diabetes complications
- Improve heart health
- Improve blood glucose control
- Improve insulin sensitivity
- Improve blood pressure and cholesterol levels
- Achieve weight loss and weight management
- Prevent osteoporosis and improve bone mineral density
- Reduce the risk of falls and fall related injuries
- Improve mood, energy and quality of life



What happens when the program finishes?

BEAT IT aims to provide people with the life skills to be able to exercise independently. However, if they have enjoyed exercising with a group and wish to continue, there is no reason why they cannot continue to participate in further BEAT IT programs. There is a growing number of exercise professionals across NSW who have been trained by Diabetes NSW to run BEAT IT programs.



For more information contact our Corporate Partnerships Team on
1300 136 588 or corporatepartnerships@diabetesnsw.com.au



Diabetes
NSW

References:
1. AusDiab 2005. IDI 2006 2. NMH Fact Sheet 2009, World Health Organization