



I was fairly apprehensive at first, but love the Lift for Life® sessions. The trainers are terrific – skilled as educators, encouraging, supportive and knowledgeable.

They are tops!

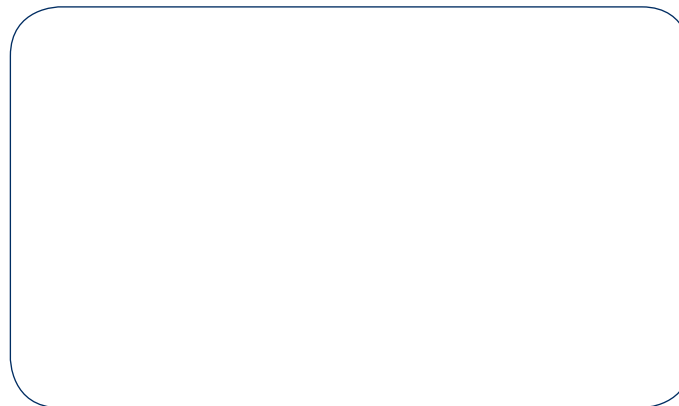


Margot, 67 years

Getting started is easy

You'll find everything you need in the Lift for Life® Starter Kit. Simply visit www.liftforlife.com.au or call 1300 211 311.

There's a Lift for Life® Provider near you



For more information, please call your local Provider, visit www.liftforlife.com.au or call 1300 211 311.



LIFTFORLIFE®
exercise made easy



www.liftforlife.com.au

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

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LIFT FOR LIFE®

Strength Training Program



**EXERCISE
MADE EASY**



LIFTFORLIFE®
exercise made easy



You won't believe how easy exercise can be

It's no secret that people who take part in regular exercise get a real lift out of life. But when you haven't exercised for a while, often the hardest part is getting started. Some people find it difficult to get motivated and others are just not sure where to go.

That's why the International Diabetes Institute, now Baker IDI Heart and Diabetes Institute, developed Lift for Life® – a unique strength training program that makes exercise easy for people with, or at risk of developing a range of chronic conditions. The Baker IDI Heart and Diabetes Institute has a unique operating model integrating research, education and clinical care divisions, dedicated to making a difference for people with or at risk of chronic disease. Based on medical research, Lift for Life® is perfect for people of all ages and fitness levels including those that haven't exercised in a while, and even those who may never have exercised before. And best of all, it's easy to get started.

Give your health a workout

Lift for Life® is a strength training program designed specifically for people with type 2 diabetes or those at risk of developing it. It is also ideal for people with, or at risk of a broad range of chronic conditions such as heart disease and osteoporosis. That's because the program has benefits for overall musculoskeletal health and fitness for people of any age or fitness level.

Strange as it may sound, Lift for Life® is also designed to make exercise easy. You can work at your own pace, with plenty of help and encouragement along the way to achieve your goals.

Lift for Life® is a series of 8-week programs called Bronze, Silver and Gold. Lift for Life® sessions are conducted in small groups of up to 12 people. You only need to attend 2-3 sessions a week to experience great results. Experienced Lift for Life® Trainers have completed specialised training with the Baker IDI Heart and Diabetes Institute and Fitness Australia, and will guide you through each session, offering individual advice and support when you need it.

Through Lift for Life® you can work towards reaching any of the following goals:

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

Above all, Lift for Life® is about improving your quality of life and enjoying the things you used to do. Even simple things, like gardening or shopping, will become much easier once you start Lift for Life®.