



Type 2 Diabetes Exercise Group Classes

Staying active is really important for managing diabetes and keeping our bodies healthy. Each year the government offers **8 Medicare subsidised exercise group classes** for people with type 2 diabetes.

How do I get the 8 exercise group classes?

To join the Medicare-subsidised group classes, your doctor must make a special plan for you called a GP Management Plan. Once you have this plan:

- Talk to your doctor about which exercise group classes you would like, and they will complete a referral form for you. Look below for some group classes in western Sydney.
- Call the exercise expert company to make an appointment.

What do you get?

- A one-on-one meeting with an exercise expert before joining the group classes. This is in addition to your subsidised 5 allied health visits per year, under the GP management plan.
- 8x 60 minute group exercise classes each year.

| Exercise company | Phone number | Location | 1:1 | Type of class | Class Gap |
|------------------------------|--------------|-------------------------------|-----|-----------------------------------|-----------|
| Active Movement Studios | 8849 0394 | Parramatta | Yes | Nil currently | |
| Apex | 9126 8263 | Girraween | Yes | Land based | No |
| Perfect Fit Health Solutions | 0416 981 230 | Blacktown and Seven Hills | Yes | Land based | Yes |
| Sydney West Sports Medicine | 1300 13 7976 | Rooty Hill | Yes | Land based Hydrotherapy (pool) | No |
| Holistic Exercise Physiology | 9188 0118 | 92 Darcy Road, Wentworthville | Yes | Land based | No |