



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