

**Sutherland Division of General Practice**  
**Lifestyle Modification Program (incorporating GP Exercise Referral Scheme)**

Month	1	1-2	2-3	3-4	4	4-5	5	6
<b>Contact Schedule</b>	<p><b>Group Education Session (1½ Hrs)</b></p> <p>Program Overview</p> <p>Diabetes and Pre-diabetes Education Session</p> <ul style="list-style-type: none"> <li>Risks of Diabetes and relationship to lifestyle risk factors</li> <li>Importance of regular diabetes screening</li> </ul> <p>Weight Management</p> <ul style="list-style-type: none"> <li>Energy balance</li> <li>Group work - identifying barriers and strategies to overcoming them</li> </ul> <p>Waist measurement instruction</p> <p>Anthropometric measurements (Weight, Height, BMI and Waist)</p> <p>Patient record diary orientation</p> <p>Scheduling of GPERS assessment</p>	<p><b>Initial Patient Assessment (1½ Hrs)</b></p> <ul style="list-style-type: none"> <li>Lifestyle Assessment</li> <li>Fitness Assessment</li> <li>Exercise Program prescription including Frequency, duration, progressive overload, aerobic and resistance exercise</li> <li>Smoking cessation referral if required</li> <li>Distribution of patient resources including; Fact sheets, diary and BMI/Tape measure.</li> </ul> <p><b>Supervised Exercise Sessions</b></p> <ul style="list-style-type: none"> <li>2/week (1 hour sessions)</li> </ul>	<p><b>Supervised Exercise Sessions</b></p> <ul style="list-style-type: none"> <li>(continued)</li> </ul> <p><b>Final Patient Assessment (1 Hr)</b></p> <ul style="list-style-type: none"> <li>Lifestyle Assessment</li> <li>Fitness Assessment</li> <li>Counseling around continued exercise and lifestyle modification</li> <li>Follow-up on smoking cessation (if required).</li> </ul>	<p><b>Group Education Session (1½ Hrs)</b></p> <p>Follow-up on participation in GP Exercise Referral Scheme</p> <p>Nutrition;</p> <ul style="list-style-type: none"> <li>Dietary guidelines</li> <li>Fat intake</li> <li>Fibre intake</li> <li>Alcohol intake</li> <li>GI foods</li> <li>Portioning</li> <li>Food diary</li> <li>Changes to diet</li> <li>Reading food labels</li> </ul> <p>Anthropometric measurements (Weight, Height, BMI and Waist)</p>	<p><b>Group Education Session (1 Hr)</b></p> <ul style="list-style-type: none"> <li>Review of diaries</li> <li>Review of waist measure, weight</li> <li>Sharing personal experiences</li> <li>Questions and answers</li> <li>Group work - overcoming barriers and staying motivated</li> <li>Distribution of community referral resources</li> </ul> <p>Anthropometric measurements (Weight, Height, BMI and Waist)</p>	<p>Independent maintenance of physical activity</p> <p>Homework - maintain food and activity diary</p>	<p><b>Follow-up (30min)</b></p> <p>Phone call to discuss specific issues</p>	<p><b>Group Education Session (1 Hr)</b></p> <ul style="list-style-type: none"> <li>Final Anthropometric measurements (Weight, Height, BMI and Waist)</li> <li>Sharing personal experiences</li> <li>Group work - overcoming barriers</li> <li>Review of diaries</li> <li>Collection of Food &amp; Activity Diaries</li> <li>Questions &amp; Answers</li> <li>Participant Satisfaction Survey undertaken and collected</li> </ul>
<b>Phase</b>	<b>Intensive Phase</b>					<b>End Phase</b>		