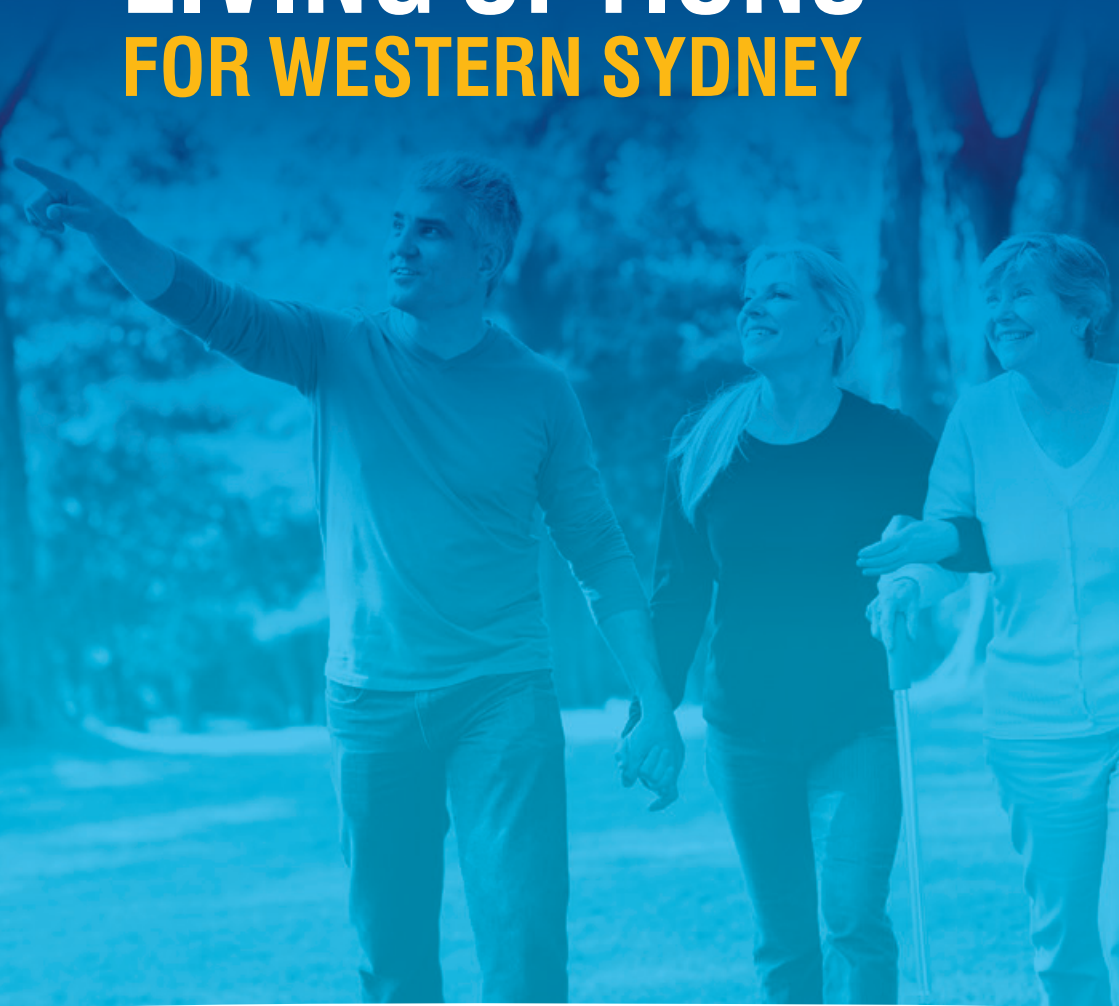


HEALTHY LIVING OPTIONS FOR WESTERN SYDNEY



About this booklet

Improving the overall health and wellbeing of people is the way to stop the slide towards diabetes in western Sydney.

Western Sydney Diabetes has worked with its Alliance partners and others in the western Sydney area to identify programs that can help the whole community embrace healthy eating and exercise options – right on their doorstep.

Too often, people feel they do not know where to turn to for advice on managing their health. The programs listed here and on the Western Sydney Diabetes website are not exhaustive but they are a perfect starting point.

Our main focus has been on programs that are either free or inexpensive, and many offer a range of programs to provide options for everyone.

Please visit our website for more information on healthy living options: www.westernsydneydiabetes.com.au

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LOCAL EXERCISE PROGRAMS



Active Parramatta Program



City of Parramatta Council offers an extensive range of physical and recreational activities through the Active Parramatta Fitness Program and the Over 55's Leisure and Learning Service. Classes are offered throughout the Parramatta Local Government Area and run on a term by term basis.

Active Parramatta Fitness Program

A number of free and low cost classes are offered throughout the year and cater to all fitness levels. Classes typically include, but are not limited to: Zumba, Pilates, Yoga and Relaxation (beginner classes available), Yogalates, Circuit Training and Boot Camp (beginner classes available), Outdoor Fitness Training and Boxing.

For more information email the Recreation Team at recreation@cityofparramatta.nsw.gov.au or visit: www.cityofparramatta.nsw.gov.au/recreation-environment/active-parramatta/active-parramatta-programs

Over 55's Leisure and Learning Service

A large range of educational, physical, recreational and social activities are offered throughout the year for people over 55 years of age through this service. Classes are free or offered at a low cost and include, but are not limited to: Zumba Gold, Tai Chi and Tai Chi for arthritis, Yoga/Pilates, Gentle Exercise, Strength/Balance Exercise Line Dancing (beginner classes available) and Table Tennis.

For more information call the Over 55's Leisure and Learning Team on (02) 9806 5121 or visit: www.cityofparramatta.nsw.gov.au/community-care/over-55s-leisure-and-learning

The Active Parramatta Van

The Active Parramatta Van is a mobile service that directly delivers free health and fitness programs in the Parramatta Local Government Area. The Van services the whole community but works more closely with youth, families, over 55s and Culturally and Linguistically Diverse (CALD) groups in low socioeconomic areas.

For more information on the Active Parramatta Van's current programs please contact Yama on (02) 9806 5343 or email yrased@cityofparramatta.nsw.gov.au

Blacktown Aquatic Centre

Exercise classes run every day of the week, apart from Sundays, and include morning, lunchtime and evening classes. There is a charge for these classes, however it is quite reasonable and there are discounts for pensioners.

Address: 4 Boyd Street, Blacktown. Tel: (02) 9622 2279

Summer Operating Hours		
	Pool	Gym
Monday - Friday	5.30am - 7.30pm	6.00am - 9.00pm
Saturday	6.00am - 6.00pm	6.00am - 6.00pm
Sunday	6.00am - 6.00pm	8.00am - 6.00pm
Public Holidays	6.00am - 6.00pm	8.00am - 6.00pm

Winter Operating Hours		
	Pool	Gym
Monday - Friday	5.30am - 7.30pm	6.00am - 9.00pm
Saturday	6.00am - 2.30pm	6.00am - 2.30pm
Sunday	6.00am - 2.30pm	8.00am - 2.30pm
Public Holidays	6.00am - 2.30pm	8.00am - 2.30pm

**Increase your strength, agility, speed and coordination.
Challenge your whole body!**

Visit the website: www.blacktown.nsw.gov.au/Services/Aquatic-and-leisure-centres/Our-pools-and-leisure-centres/Blacktown-Aquatic-Centre

Blacktown Leisure Centre Stanhope

This council-run facility offers a range of water and land based exercise classes. These include learn to swim classes, aqua classes and a range of dry group fitness classes. There are charges for these classes which appear on the website. A full description of the classes, enrolment and timetable for each term is outlined on the website.

**Address: Cnr Stanhope Parkway and Sentry Drive, Stanhope Gardens.
Tel: (02) 9421 2600**

Operating Hours	
Day	Hours
Monday - Friday	5.30am - 9.00pm
Saturday - Sunday	8.00am - 5.00pm
Public Holidays (excepting below)	8.00am - 5.00pm
New Year's Day/Easter Monday/Boxing Day	12.00pm - 6.00pm
Christmas Day/Good Friday	Closed

Aqua Natal: This aqua-based physical activity program is designed specifically for expectant mums from 16 weeks to birth and new mums from 6 weeks post natal. It is hosted by a qualified fitness leader who is trained to manage exercise in pregnancy. Please contact the centre to find out when the next program commences.

H2O No Limits: This simple-to-follow aqua program is a great way to get started and suitable for everyone. It includes toning with aqua dumbbells and woggles.

Young at Heart Aqua: 45-minute low impact water class.

Group exercise classes and personal training: These include classes in Metafit, Body Pump, Circuit X Change, Nitro, Polarity, Body Combat, Boxing, Pilates, Zumba, Young at Heart, Stretch and Tone, Tabata and Spin classes.

Visit the website: www.blacktown.nsw.gov.au/Services/Aquatic-and-leisure-centres/Our-pools-and-leisure-centres/Blacktown-Leisure-Centre-Stanhope

Cumberland Council Lifelong Learning



Tel: (02) 8757 9000. Email: lifelonglearningofficer@cumberland.nsw.gov.au

These classes are run by Cumberland Council on a term by term basis. Both day and evening times are available. Classes are very reasonably priced and run at a variety of venues throughout the Cumberland Local Government Area.

Classes

Classes differ in each location but may include:

- Gentle Fitness for Seniors
- General Fitness
- Yoga and Relaxation
- Table Tennis
- Pilates (Female Only Class)
- Yoga And Relaxation (Mixed Gender Class)
- Zumba (Female Only Class)
- Bollywood Dance and Fitness (Mixed Gender Class)
- Yoga and Relaxation (Mixed Gender Class)
- Zumba Gold (Seniors Class/Mixed Gender)
- Zumba (Female Only Class)
- General Exercise Circuit Class (Seniors Class/Mixed Gender).

Learning Program

Visit the website: www.cumberland.nsw.gov.au/lifelonglearning

Emerton Leisure Centre

Address: 35 Jersey Road, Emerton. Tel: (02) 8822 6000

Operating Hours		
General	Warm Water Therapy Pool	Outdoor Pool
Monday, Wednesday & Friday 7.00am - 10.00pm	Monday - Friday 7.00am - 1.30pm 5.30pm - 7.30pm	Monday - Friday 12.00 noon - 6.00pm
Tuesday & Thursday 6.30am - 10.00pm (closes 8.00pm for Aquatics side)	Saturday 8.00am - 12.00 noon	Saturday & Sunday 3.00pm - 6.00pm
Saturday & Sunday 8.00am - 6.00pm (Aquatics & courts) 5.00pm on Sundays in winter		School holidays & Public holidays 12.00 noon - 6.00pm

Aqua – this simple-to-follow aqua program is a low impact, total body workout that's suitable for all fitness levels.

Aqua Tabata – a HIIT (High Intensity Interval Training) class designed for the water. This class allows you to work at your own maximum, so all levels can benefit.

Young at Heart – a low impact/gentle exercise aerobics class for pregnant, rehabilitating and senior participants or for those just getting started.

Pilates – complete mind and body conditioning class focussing on strengthening the inner core and abdominal muscles.

Powerbar – a non-impact program designed to give your body a complete workout using barbells and weights to the latest music. Suitable for all levels of fitness.

Boxfit – the ultimate full-body workout, this fun boxing circuit class includes aerobic fitness to assist with increasing strength, agility and hand-eye coordination.

Combo – a hip circuit program with plenty of cool stations, including cardio and resistance training. Suitable for everybody.

Circuit – a vigorous, sweat-drenched and intense workout, catering for various ability levels.

Metafit Tabata – a bodyweight-only High Intensity Interval Training workout.

Visit the website: www.blacktown.nsw.gov.au/Services/Aquatic-and-leisure-centres/Our-pools-and-leisure-centres/Charlie-Lowles-Leisure-Centre-Emerton#section-6

Football NSW Walking Football



- The Football NSW Walking Football programs are a slow-paced version of the beautiful game aimed at over 50s (male and female).
- Matches are played on weeknights with modified formats (5v5/6v6) on smaller pitches with shortened game times.
- Walking Football is non-contact with the Walking Rule defined as 'always having one foot on the ground'.
- Football NSW Walking Football programs are designed to help people maintain an active lifestyle and promote participation of the game in a fun, inclusive and social environment.

Visit the website: <https://summerfootball.com.au/walking-football>



Heart Foundation Walking Groups



This is a group-based walking program with regular walks led by community volunteer Walk Organisers. Heart Foundation Walking is Australia's largest **FREE** walking network. It is social, fun and an easy way for people to walk and be active. Walking is suitable for people of all ages and fitness levels.

The popularity of the walking groups is evident in that over 80% of walkers continue to participate after six months. As well as the physical benefits, activity can also make you feel happier and improve your quality and enjoyment of life. Walking groups come in different sizes and walk at various times of the day and days of the week, for varying distances and differing levels of difficulty.

To find a group suitable for you or to register, call the Heart Foundation on **1300 36 27 87**, or email: walking@heartfoundation.org.au

Visit the website: <http://walking.heartfoundation.org.au/>

Ian Watsons Ride School

Contact: Ian Watson 0403 203 253 and Gay Watson 0403 147 166

Email: info@kidsonbikes.com.au **Region(s):** Sydney Olympic Park and surrounding regions

Ian and Gay teach beginner and intermediate riding skills for riders of all ages. They specialise in schools programs, private lessons for adults and children who want to learn to ride, and corporate packages that assist work teams to take on new challenges. Beginner and advanced 3-week classes are held every month at Sydney Olympic Park, with bikes available for learners. The Kids on Bikes school holiday program is a fun way to advance your child's riding skills and confidence in a safe and supportive environment.

Visit the website: <http://kidsonbikes.com.au/>

Lift for Life – Exercise Made Easy

Lift for Life® is a unique resistance training program designed for adults with (or at risk of developing) type 2 diabetes and other chronic conditions. Resistance training involves using your own body weight or resistance equipment like a dumbbell or rubberised band. Lift for Life® is made up of a series of three 8-week programs: Bronze, Silver and Gold. All sessions are run in small groups (up to 12 people) and you only need to attend 2-3 sessions a week to start noticing improvements.

Tel: 1300 211 311

Strength Training Program

A team of experienced trainers are on hand to guide you through each session, with individual advice and support in a friendly environment. This is a very cost-effective program, however fees vary between providers, so check your local licenced provider. Through Lift for Life® you can achieve:

- Better diabetes control
- Increased muscle strength and tone
- A healthier weight
- Stronger bones, improved flexibility, balance and posture
- Improved mood and increased energy.

Visit the website: www.liftforlife.com.au



Live Life Get Active

A Fitter, Healthier and Happier Australia



Live Life Get Active is a private social initiative that aims to build a Fitter, Healthier and Happier Australia and for people to have FUN along the way. They provide **FREE** health, fitness and nutritional education, both online and in the parks, suburbs and cities of Australia, with the help of local government and corporate Australia.

FREE fitness classes throughout Western Sydney include:

- Yoga
- Boxing
- Cross training.

They also provide **FREE** Activity Camps and **FREE** Tailored Nutritional Planning to people who want to make positive changes to their lives.

Live Life Get Active is all about getting people active in their local or working communities, providing them with a way of eating that is healthy and easy to adapt and an environment that is fun and motivating.

Offering this program **FREE** of charge to all adult Australians is really important because they wanted to remove all the barriers to leading a fitter, healthier and happier life. They have also designed their camps so they are relevant to everyone, no matter what their motivation or fitness level.

Live Life Get Active promises to get the most unlikely person moving, having fun and feeling a whole lot better about their life.

Visit the website: <https://livelifegetactive.com/about/>

Mount Druitt Swimming Centre

This seasonal pool is open from 9.00am to 6.00pm daily, from September to March each year. Cost: Adult \$6.00, children 4 years and under **FREE**, concession and children 5 years and over \$4.50 and eligible pensioner (Blacktown LGA residents) **FREE**.

Address: Ayres Grove, Mount Druitt. Tel: (02) 9625 6360

Take advantage of the fantastic fitness program at Mount Druitt Swimming Centre.

Aqua Exercise

Mount Druitt Swimming Centre provides Aqua Exercise classes, which put the fun back into fitness.

Aqua Zumba

You can also dance up a storm with the latest fitness trend, Aqua Zumba. Ring the Centre for times and details as they will vary during the year.

If you're not convinced about Aqua Exercise and Aqua Zumba, here are five great reasons to give it a try.

1. Aqua Exercise and Aqua Zumba are Low Impact – easy on your joints, but still a high energy calorie burn.
2. Classes are great for beginners who want to dip their feet into an exercise class (pun intended!).
3. Working against water is a great way to work and tone those muscles.
4. Mount Druitt Swimming Centre is heated.
5. And of course, it's **FREE** (included with pool entry).

Grab a friend, and bring your sunnies. Ditch the workout and join the party! See you at the pools.

Visit the website: www.blacktown.nsw.gov.au/Services/Aquatic-and-leisure-centres/Our-pools-and-leisure-centres/Mount-Druitt-Swimming-Centre

NSW Active and Healthy

Active and Healthy is an online directory of exercise programs within NSW for people 50 years and older of varying fitness levels. Searches on the website produce a number of exercise programs located near your chosen suburb/town and can be refined to display specific types of exercise.

Some of the programs include Tai Chi, qigong, falls prevention, gentle exercise, strength and resistance training, yoga, pilates, seniors fitness, aqua fitness, line dancing and zumba.

The website is easy to use and provides a large range of exercise options with contact details, maps, addresses, class times and fees. The search results can also be printed with the class name and contact details displayed. There is a large range of program options and class details can change regularly, so please contact the program provider to confirm details before attendance.

Visit the website: <https://www.activeandhealthy.nsw.gov.au/>



OLOC Get Yourself Moving Programs



These programs are for people 55 and over who live at home and who might want to improve their balance, strength, flexibility or cardiovascular fitness. The exercise programs also target people who have a chronic health condition and may benefit from a targeted exercise intervention.

The exercise program is suitable for anyone who may:

- want to improve their ability to move about independently at home
- be concerned about the effects of sitting for too many hours of the day
- be recovering from an acute illness or a stay in hospital.

Whatever the reason, for a small contribution, you can meet with our Exercise Physiologist and enjoy a group-based exercise program focusing on real-life goals and improving functional capacity.

OLOC Get Yourself Moving Programs operate from four centres in the Western suburbs of Sydney:

Toongabbie Community Centre – 244 Targo Rd, Toongabbie

St Marys Community Hub – 29 Swanston Street, St Marys

Willmott Community Hub – 8 Carteret Avenue, Willmott

Mt Druitt Nutrition 4 Life – 4/3 Belmore Avenue, Mt Druitt

For further details on the above programs, or our other Western Sydney locations, please contact:

Andrea El Boustani

GYM Program Manager

Phone: **(02) 9832 5451**

Email: andraelb@oloc.com.au

Visit the website: www.oloc.com.au

parkrun

(Australia's Latest Social Prescription)



parkrun is the name, but look a bit closer and you'll discover why this simple intergenerational activity has captured the imagination of more than half a million Aussies in 350 communities around the country.

The concept is simple and completely **FREE!** parkruns are established and coordinated by volunteers from the local community. Each event takes place in a public open space every Saturday at 8.00am on a 5km course. People are invited to take part in whichever way they choose – walk or run the route, lend a hand as a volunteer, or simply spectate and socialise. After the event it's off to a nearby cafe or meeting place for a coffee and a chat.

parkruns are non-competitive with the emphasis on regular participation rather than performance, and free shirts are awarded to participants throughout their parkrun journey. 25 Saturday mornings of helping out earns you a parkrun volunteer shirt, and walkers and runners earn their first shirt after completing 50 parkruns.

The benefits of parkrun for individuals and communities are extensive and parkrun is being increasingly utilised by primary healthcare professionals as a social prescription.

Beyond the obvious benefits of fitness, fresh air and friendships, more and more patients and practitioners are identifying ways that parkrun can help transform people's lives. These include: motivation to get up and out on a Saturday morning, integrating into a new community, practicing speaking English, discovering local open spaces, belonging to the community, developing skills, increasing confidence, enjoy quality family time, and interacting with people of different ages, cultures and backgrounds.

Register for **FREE** before your first parkrun at www.parkrun.com.au/register, print your personal parkrun barcode and take it along to any parkrun in the world on any Saturday. It's that easy!

Parramatta Council Over 55's Leisure and Learning

There are a range of classes available which can help you get fitter and more active, as well as make some friends along the way. Classes are held at 3 venues in Parramatta as well as in Ermington, Epping, Newington and Carlingford.

Active classes include Zumba, line dancing, walking groups, gentle exercise classes, yoga/pilates, table tennis, tai chi and strength/balance exercises. There is a small charge with a tiered fee structure for each term's activities (usually 10 weeks).

Phone City of Parramatta Council on **(02) 9806 5121** for more details on classes and how to join.

Visit the website: www.cityofparramatta.nsw.gov.au/community-care



Reclink Australia

This fantastic program is coordinated by Reclink Australia. The aim is to enhance the lives of those experiencing disadvantage by providing inclusive sports, recreation and arts programs. In partnership with more than 200 community organisations, Reclink Australia's programs create pathways to improved health and wellbeing, education and employment outcomes for all participants.

Reclink was launched in Victoria over 30 years ago. It has only recently been introduced to NSW and there are a range of sport and recreation activities available to member agencies. Activities include exercise programs, dance programs, tai chi, ten pin bowling, swimming activities, tennis, soccer, basketball, touch football and netball sessions, yoga and much more.

Organisations can join Reclink easily, www.reclink.org/get-involved/become-member. If your organisation would like to provide or encourage sport and physical activity for disadvantaged communities, you can become a member organisation. It will cost \$130 for your organisation to join. Once you have joined, you will be able to access discounted or **FREE** sporting activities and make them available to your clients.

Reclink will also work with you to develop additional programs specifically for the interests or requirements of your clients.

To find out more check out the Facebook page, www.facebook.com/ReclinkAustraliaNSW/ or contact the State Manager.

Visit the website: www.reclink.org

Riverstone Neighbourhood Centre & Community Aid Service Inc.



Address: Sam Lane Complex, Park Street, Riverstone
Tel: (02) 9627 3622 Email: reception@riverstone.org.au

Make new friends and get fit at this friendly neighbourhood centre. Classes are available at least once a week for all fitness levels and ages. Classes include:

FIT MUM – Exercise class for young mothers. Call Sam Christensen 0401 874 699

Jump Dance – Call Emily 0449 922 760

Yoga Class – Come and revitalise. Appropriate for all levels: beginner to advanced. Call Harriet 0413 216 038 or Yvette (02) 9627 3622

Teen Yoga – Call Vanessa 0402 128 325

Over 50's Gentle Exercise Class – A low impact exercise program that aims to increase fitness and mobility as well as muscle strength. Classes last 1 hour and involve no jumping, running or extreme movements. Call Lorraine (02) 9627 3219

Most classes cost \$5 per session. Some classes may be added or changed as community needs arise. For more information on any of these classes, phone the Centre on (02) 9627 3622.

Visit the website: www.riverstone.org.au

Riverstone Swimming Centre

This seasonal pool is open from 9.00am to 6.00pm daily, from September to March each year. Cost: Adult \$6.00, children 4 years and under **FREE**, concession and children 5 years and over \$4.50 and eligible pensioner (Blacktown LGA residents) **FREE**.

Address: Cnr Market Street and Garfield Street, Riverstone. Tel: (02) 9627 1496

Aqua Fitness

Classes are available **FREE** of charge (included in the cost of pool entry) at least once per week. Ring the Centre for times and details as they will vary during the year.

If you're not convinced about Aqua Exercise, here are five great reasons to give it a try.

1. Aqua Exercise is low impact – easy on your joints, but still a high energy calorie burn.
2. Classes are great for beginners who want to dip their feet into an exercise class (pun intended!).
3. Working against water is a great way to work and tone those muscles.
4. Riverstone Swimming Centre is heated.
5. And of course, it's **FREE** (included with pool entry).

Grab a friend, and bring your sunnies. See you at the pools.

Visit the website: www.blacktown.nsw.gov.au/Services/Aquatic-and-leisure-centres/Our-pools-and-leisure-centres/Riverstone-Swimming-Centre



Robinhood Free Outdoor Fitness



This website provides excellent information on **FREE** local fitness facilities, including outdoor gyms, pools, group fitness classes, dance and mind/body groups.

To find suitable facilities just type in your location and how far you are prepared to travel. You will be presented with a range of **FREE** fitness facilities. They include a list of what equipment is available at each venue, as well as maps and directions on how to get there.

Photos of the equipment are included as well as videos showing how to exercise with the equipment.

Visit the website: <https://freeoutdoorfitness.net>



Waves Fitness and Aquatic Centre

Address: 44 Mileham Avenue, Baulkham Hills. Tel: (02) 9639 6133

This centre has a variety of exercise programs suitable for all levels of fitness. Prices vary per class but, as an example, could range from \$8.80 - \$17.50 depending on which class you take. Membership discounts and concessions are also available. It is a good idea to check with the friendly staff to find out which class (or classes) best suit you and the cost involved.

The Centre is open:

- 5.30am - 9.00pm Monday - Thursday
- 5.30am - 6.30pm Friday
- 7.00am - 5.00pm Weekends.

An example of the classes available include Boxing (45 or 60 mins), MMAFIT, Mums and Bubs (60 mins), Ultimate Cycle, Aqua, HIIT BLAST, Boxing (45 mins), Express Cycle, Fit 4 Seniors, Pilates, Solomon Yogalates, Strength and Conditioning, Super Circuit, TBT Tone, Ultimate Conditioning.

Visit the website: www.wavesfitnessandaquatic.com.au/timetable-classes



YMCA Epping



Opening Hours

Monday to Friday: 6.00am - 10.30pm

Saturday: 6.00am - 9.00pm

Sunday: 8.00am - 9.00pm

Address: 15 Ward Street, Epping. Tel: (02) 9869 8966

YMCA Epping offers a range of group and individual exercise programs which include:

- **Pilates** at the Y will help to improve muscular strength, core stability, posture and flexibility. Our friendly classes focus on alignment and positioning to lengthen and strengthen the deeper trunk muscles.
- **Yoga** at the YMCA Epping includes a range of basic yoga postures (asana) as well as an array of relaxation postures and breathing techniques to achieve a calm and focused mind.
- **PrYme Active** can help trim years off your heart and lungs. Our PrYme Active program is a friendly and encouraging cardio fitness for mature adults.
- **PrYme Strength** at YMCA Epping is a warm and welcoming program specifically designed to enhance strength, stability and balance that will assist in strengthening your muscles and joints for better mobility and greater confidence.

YMCA Epping also offers group fitness classes for fitter members, such as ABT, Boot Camp, Boxing, Box and Burn, Circuit, Core Blast, Zumba, Upper Body Blitz and Lower Body Blitz, High Intensity Interval Training (HIIT).

New members are welcome!

Fees as of January 2018: PrYme (over 55) \$16/week. Casual \$20/visit.

Visit the website: www.ymcansw.org.au/centres/epping-ymca/

ONLINE PROGRAMS



CSIRO Total Wellbeing Diet

Scientifically formulated 12 week online diet program

CSIRO Total Wellbeing Diet has recently introduced the special edition 12 week program for pre-diabetes and type 2 diabetes. The diet provides a comprehensive online health and wellbeing program that will show how simple changes to your diet can make significant changes to your health.

About the Diet

The Total Wellbeing Diet is a higher protein, low GI eating plan that is scientifically formulated to deliver weight loss and improve your overall health.

Higher protein meals control appetite and low GI carb foods can stop you from feeling hungry. The program includes over 1000 delicious healthy recipes with generous portions that are designed to keep you satisfied.

We do all the hard work for you

Managing diabetes is hard enough, so the special edition program makes it easy for you to lose weight and improve your blood glucose. Each week you'll have access to:

- Simple, delicious carbohydrate-controlled meal plans
- Special advice on how diet affects blood glucose control
- Practical exercise plans you can do at home
- Reminders and tracking tools to keep you on track
- A caring community to keep you motivated.

Visit the website: <https://www.totalwellbeingdiet.com>

TOTAL WELLBEING DIET FOR DIABETES

Total Wellbeing Diet is well suited to people who are diagnosed with type 2 diabetes or prediabetes and will help you achieve or maintain a healthy weight.

\$149

12-week plan
Total Wellbeing Diet for Diabetes

- ✓ Menu plans suitable for diabetes and pre-diabetes
- ✓ Weekly lessons on how to lose weight
- ✓ 12-week scientifically formulated program
- ✓ Exercise plans for all levels of fitness
- ✓ Over 1000 delicious recipes



Register here: <https://my.totalwellbeingdiet.com/member/register/diabetes>

Make Healthy Normal

Make Healthy Normal is about making lifestyle changes that can make a big difference to your health. By simply keeping an eye on what you eat and doing a little more exercise, you'll have more energy, look and feel better and even reduce your risk of chronic diseases.

Are you ready to make healthy changes? This website will give you great information on diet and exercise and how you can improve both. Small steps are the mantra of this program and to start you off, you'll be encouraged to take the health quiz and join the 10 Week Make Healthy Normal Challenge. This program allows you to choose and keep track of your own healthy activities and goals in your own personalised Make Healthy Normal account. You will receive your 10 week plan of small steps to help you achieve your goal. You'll also receive weekly emails packed with info and tips to keep you motivated.

Already over 7000 people are enrolled in this **FREE** program to receive help and support towards improving their health and wellbeing.

Visit the website: www.makehealthynormal.nsw.gov.au/

NHS Choices Weight Loss Pack

This upbeat online program is specifically for people who live in England so you won't be able to enrol. It does, however, have some really good information, tips, meal combinations and online activities that you may find interesting and fun to read.

Visit the website: www.nhs.uk/livewell/weight-loss-guide/Pages/weight-loss-guide.aspx

Online Obesity Support Group

This group is based in the US so there may be some cultural differences in the posts.

However it is quite active and provides support for its members.

Virtually every post receives some kind of help or encouragement so you may find it interesting to read.

Visit the website: <https://obesity.supportgroups.com/>

The Food Coach

A consummate healthy foodie, Judy Davie founded The Food Coach, a personal-training service in healthy eating, in 2001.

Judy Davie recognised that, despite the literature available on nutrition, people were increasingly confused about what they should eat, and they lacked valuable cooking skills. A self-trained cook, Judy has drawn on the skills of others to provide her comprehensive website on food and nutrition.

She is passionate about inspiring people to improve their eating habits and learn that healthy food does taste great and can be fun!

Author and co-author of four books: *The Food Coach*, *Read the Label*, *Star Foods* and *The Greengrocer's Diet*, Judy has also written for popular magazines including *Woman's Day*, *Body + Soul*, and *Prevention*. She has contributed regularly on radio and TV and presented to corporate and community groups.

In 2015 after the release of her latest book *The Greengrocer's Diet*, she developed and launched a community weight loss program in Wagga Wagga called 'Lighten Up Wagga' and plans to develop the model to other communities on a larger scale.

The Food Coach website hosts a collaboration of articles written by health professional across Australia, and also contains weight management assessment tools, over 1200 healthy recipes, 100 + healthy cooking videos, and information about over 600 popular – and less well known – ingredients which we use today.

Visit the website: www.thefoodcoach.com.au/

TELEPHONE COACHING PROGRAMS



Get Healthy Information and Coaching Service

The Get Healthy Information and Coaching Service is a **FREE**, confidential telephone-based service which helps people make lifestyle changes regarding: healthy eating, being physically active, and achieving and maintaining a healthy weight.

Tel: 1300 806 258. Open: Monday – Friday 8.00am-8.00pm. Send an email with your details to contact@gethealthynsw.com.au and your health coach will call you back

The service runs for 6 months and delivers the coaching support and information you need to help you reach your health goals.

When you enrol you will receive **FREE** of charge:

- Your own personal university-qualified health coach
- Up to 10 **FREE** coaching calls
- Support to make changes over 6 months
- An information booklet and a coaching journal
- Access to a website where you can download tools and track your progress.

Visit the website: www.gethealthynsw.com.au/

The COACH Program

Individual Telephonic Health Coaching

Integrated and Community Health Directorate. Integrated Care Program.

Tel: 1800 113 644. Email: WSLHD-IntegratedChronicCareProgram@health.nsw.gov.au

About the Program

The COACH Program, run by Western Sydney Local Health District, helps people with a chronic disease, such as diabetes, heart and lung disease, to manage their risk factors while working in partnership with their usual doctor/s.

Each patient with a chronic disease is allocated their personal coach. The coach will work with the patient, either on the telephone or by mailing out information in a series of regular coaching sessions over 6 months. The coach helps the patient to maintain their health by setting and achieving health goals for themselves.

Visit the website: www.thecoachprogram.com/

FACE-TO-FACE GROUPS



Bilingual Community Education

The Bilingual Community Education (BCE) program was developed to improve the health of individuals from Culturally and Linguistically Diverse (CALD) backgrounds.

All programs are specifically designed for CALD individuals, and conducted by Bilingual Community Educators in the participant's own language to provide a safe environment that encourages sharing of experiences and supports the participant's ability to develop support networks.

Programs include:

- Diabetes Awareness... in Your Community
- New Healthy Women
- Women Growing Older
- Healthy Eating and Physical Activity.

Organisations contact: Anoop Johar, BCE Officer, Multicultural Health WSLHD
 Tel: (02) 9840 3907 Email: anoop.johar@health.nsw.gov.au



Blacktown Women's and Girl's Health Centre

Blacktown Women's and Girl's Health Centre is a community-based, non-profit women's health centre which provides accessible health and wellbeing services for women and girls in Blacktown regardless of their income.

Opening Hours: Monday - Friday 9.30am - 12.30pm and 1.30pm - 4.30pm

Address: 6 Prince Street, Blacktown. Tel: (02) 9831 2070

Email: info@womensandgirls.org.au

Blacktown Women's and Girls' Health Centre provides health services to women and girls in Blacktown **FREE** of cost or at very low cost including:

- OzHarvest
- Group fitness classes
- Yoga
- Culturally and Linguistically Diverse (CALD) health programs
- Women's Health Nurse Clinic
- Free education and information
- Dietetics, naturopathy and Nutrition
- Health Promotion and Community Outreach
- Early Intervention and Health Promotion Group Program
- Information Workshops
- Female Doctor and nurse clinic
- Massage Therapy
- Women's Health advice and referral services
- Early childhood clinic.

Visit the website: <http://womensandgirls.org.au/contact-us/>

Diabetes Care Blacktown

Education and Exercise Course

Address: Definitions Gym, Level 2, Blacktown Workers Club. Tel: (02) 9830 0677

Type 2 Diabetes Group Education and Exercise Sessions include four weekly 2-hour sessions to help you better manage your diabetes, including information on diet, exercise, monitoring and actual exercise classes.

The classes are run by Exercise Physiologists.

Course fees are 100% rebated through Medicare with your GP referral.

Visit the website: <http://definition.net.au/>



Diabetes NSW&ACT – Education Programs

Diabetes NSW&ACT offer education programs in Western Sydney that are **FREE** to anyone registered on the National Diabetes Service Scheme (NDSS). These include:

Shop Smart – Do you know what's really going into your trolley? This workshop will help you make healthy choices while shopping. Join a group led by an Accredited Practising Dietitian from Diabetes NSW & ACT. In this workshop, you will learn how to read food labels and get advice on making healthier food choices when shopping. This workshop will also cover interpreting food labels, nutrition claims, symbols to look for, and shopping survival tips.

Carb Smart – Confused about carbs? This session will help clear up any myths and give you the facts about carbohydrates. In this session you will learn about the different types of carbs and the amount that is best for you.

Ready Set Go, Let's Move – If you are having difficulty getting started, or find it hard to stay on track with your physical activity, this session is perfect for you. This session will help you develop your own step-by-step plan with tailored exercises you can do at home.

Beat It – Beat it runs over 8 weeks delivered in a supportive group environment by Accredited Exercise Physiologists. You will gradually be introduced to moderate intensity aerobic, strength and balance exercises that are tailored to your needs.

DESMOND – A face-to-face group program specifically designed for people living with type 2 diabetes, DESMOND will empower you to take control of your diabetes care to help you feel healthier and happier.

Live Your Life Expos and Forums – These are full day events that consist of up to date, practical and interesting information about how to best live your life with diabetes.

Other workshops are available on living with insulin, your diabetes Annual Cycle of Care, using your meter, understanding medications and caring for your feet.

For a full list of events near you visit <https://diabetesnsw.com.au/events> or phone 1300 136 588.



Go4Fun

Go4Fun is a 10-week healthy lifestyle program for kids aged 7 to 13 years who are above healthy weight. The program focuses on improving eating habits, fitness and confidence.

Go4Fun programs are led by trained qualified health professionals and take place after school, once a week, running parallel with school terms. Children and their families have fun and become fitter, healthier and happier.

The program aims to improve the health of the child through the development of healthy lifestyle behaviours, as well as educating and positively effecting kids' attitude to food and exercise. The program includes:

Nutritional info:

- Food serving sizes
- Label reading
- Menu planning and recipes
- Guidelines for eating out and parties

Personal improvement:

- Physical activity
- Self-esteem

Support and advice:

- Talking about weight
- Goals and rewards
- Role modelling
- Problem solving

Fun games:

- Fitness
- Movement skills
- Team building

The Go4Fun program is highly effective in supporting healthy lifestyle changes for children and their families. The program has been running in NSW since 2009, with more than 6,800 families participating.

Western Sydney Go4Fun programs run in locations across Blacktown, Hills District, Holroyd and Parramatta Local Government Areas. Go4Fun is a **FREE** and fun program to help your family get more active and fitter.

To register for the program today, please call **1800 780 900** or call the local team on **02 9840 3603**.

Visit the website: <https://go4fun.com.au/>

New Edge Performance



Mt Druitt Medical Centre. Tel: 1300 487 921, Mob: 0431 207 285, Fax: 02 8076 7417, Email: danielparker@newedgeperformance.com.au

This organisation runs a lifestyle self-management program for people with type 2 diabetes. The program is run by an exercise physiologist from New Edge Performance and dietitian from Grow, Eat & Nourish at Mt Druitt Medical Centre.

The program is based on the Medicare-funded sessions and includes an initial assessment and 8 group based sessions, which are bulk billed so you do not incur any out of pocket expenses (with a valid referral from your GP).

The program is available in two forms. The first is where sessions are conducted once a week for 8 weeks, with each session alternating between a dietitian and exercise physiologist and lasting for 60 minutes.

The other program provides combined classes every fortnight, giving a total of 4 sessions. Each class has a 45 minute exercise education component with an exercise physiologist, followed by a 45 minute healthy eating education session with a dietitian. This program has a strong self-management focus allowing people with diabetes to improve their lifestyle for the long term.

In addition, people with pre-diabetes are also invited to be involved in a series of education classes which are very similar to the diabetes sessions. These classes are run as Shared Medical Appointments (SMAs) with a GP. These are also free of charge for some people. Contact New Edge Performance or Grow, Eat & Nourish for more details on all the classes.

Visit the website: www.newedgeperformance.com.au

Optimum Health Solutions

Type 2 Diabetes and exercise program at Optimum Health Solutions

Suite 2, 114 Main Street, Blacktown. Tel: (02) 8599 6275

This Allied Health team of Accredited Dietitians as well as Accredited Exercise Physiologists runs an appointment based treatment that allows success with individuals held accountable for their lifestyle change.

What does the program involve?

- An individual assessment to review a patient's overall medical history, medications, physical capacities and goal setting
- Developing an appropriate exercise program to be performed at the studio in Blacktown
- Supervised gymnasium/hydrotherapy sessions, which are undertaken in a group environment (up to 12 people)
- These sessions are performed twice per week under the supervision of Optimum's Exercise Physiologists over four weeks
- A home program is also provided to perform independently.

Why use exercise to manage Type 2 diabetes:

- An individualised exercise program has been shown to improve insulin sensitivity and insulin dependent glucose uptake
- It can reduce body fat and improve lean muscle mass, which can translate to improvements in physical functioning and independence
- It can reduce other health co-morbidities such as hypertension, cardiovascular disease and obesity.

The benefits of a hydrotherapy pool in early stages of functional rehabilitation include: helping relieve pain, promoting relaxation, mobilising joints, strengthening muscles, and developing balance and coordination in a low weight bearing environment. There is also a studio in Werrington for people who live closer to St Marys.

Visit the website: <http://www.opt.net.au/>

Chronic Disease Self-Management Program

Integrated and Community Health Directorate. Integrated Care Program.
Tel: 1800 113 644. (For non-English speakers call TIS National on 131 450)

The Stanford Chronic Disease Self-Management Program, run by Western Sydney Local Health District, is for people in the local community who want to:

- Make better choices for their health and lifestyle
- Gain a better understanding of their chronic disease.

This is a **FREE** 6-week program offered in a number of languages and held in local community venues. Morning tea is provided.

Who can attend

The program is for anyone over the age of 16 who has one or more of the following chronic diseases:

- Diabetes
- Heart failure
- Heart disease
- High blood pressure
- Chronic obstructive pulmonary disease (lung disease).



Sydney Physios and Allied Health Services



Address: 6/20 Distribution Place, Seven Hills (inside the Hills Sports Centre)
Tel: (02) 9620 9897 or email reception@sydneyphysios.com.au

Group Exercise Classes

Run by one of our highly experienced Accredited Exercise Physiologists, this is a **weekly one hour** exercise class tailored towards people with diabetes, pre-diabetes, and anyone trying to get their health and fitness back on track. Each session will incorporate a combination of aerobic, resistance (strengthening), flexibility and balance exercises, with a focus on teaching people safe and effective exercise technique. Class sizes are kept small to allow our exercise physiologists to progress or regress exercises for individuals whenever possible. Our aim is to get you fitter and stronger without picking up or aggravating those niggling injuries which keep so many of us inactive.

Reasons why this exercise class is for you:

- Helps to control blood sugar levels
- Helps to improve strength, balance and overall fitness
- Improves mobility and flexibility
- Boosts your mood and confidence
- Helps to manage weight

Cost: \$10 per 1 hour class

Sydney West Sports Medicine

Contact Sydney West Sports Medicine on (02) 9851 5959 to make an appointment

Sydney West Sports Medicine offers a Type 2 Diabetes Group Education and Exercise Program consisting of weekly exercise classes led by an Accredited Exercise Physiologist. The eight (8) session program aims to give people with type 2 diabetes the skills and knowledge to maintain a healthy and active lifestyle. The type 2 diabetes group education and exercise classes are all bulk billed upon appropriate referral from a GP or can be attended as a private patient for a small fee of \$15.00 per class.

The group exercise classes are fun and enjoyable and include a combination of both aerobic and resistance training under the guidance of Exercise Physiologists, which can either be land or pool based. Regular presentations with information on exercise, diet, medications and type 2 diabetes pathophysiology will enable improved self-management, the implementation of healthy lifestyle habits and establishment of individualised goals.

Initial assessment with an Exercise Physiologist is required, prior to engagement in eight (8) group sessions. These sessions are bulk billed upon presentation of a *Referral form for Group Allied Health Services under Medicare for patients with Type 2 Diabetes*, available from your GP.

Group class timetable – led by an accredited exercise physiologist

Description	Duration	Fee	Notes
Get Moving Class (Hydrotherapy) Monday - 1.00pm	60 minutes	\$15.00	Maximum class size (8 people) Bulk Billing available
Group Diabetes Class (Land Based) Tuesday – 11.00am	60 minutes	\$15.00	Maximum class size (8 people) Bulk Billing available
Hip & Knee Class (Hydrotherapy) Wednesday - 1.30pm	60 minutes	\$15.00	Maximum class size (8 people)
Back Class (Hydrotherapy) Thursday – 11.00am	60 minutes	\$15.00	Maximum class size (8 people)
Get Moving Class (Hydrotherapy) Friday – 10.00am	60 minutes	\$15.00	Maximum class size (8 people) Bulk Billing available

Western Sydney Diabetes Support Group

The Western Sydney Primary Health Network runs some diabetes support groups across Western Sydney

This friendly group meets on a monthly basis in Blacktown and is an ideal place for local residents with or at risk of diabetes to provide information and support self-care management tactics. Each month the group hears from a range of local health professionals and has the opportunity to meet others and share experiences.

For more information about this group visit the Western Sydney Primary Health Network website: <https://wentwest.com.au/phn/programs/chronic-complex-conditions>



DIETARY SUPPORT



Box Divvy (A Social Enterprise)

Address: food Hubs all across Sydney
www.boxdivvy.com Tel: (02) 8006 5237



Cut your food bill in half! Box Divvy is where you get fresh local groceries direct from growers and food wholesalers at 30-40% less than supermarkets.

Box Divvy has been developed in partnership with the Western Sydney Diabetes Alliance. The community own the food system and provides good quality, inexpensive food to Sydney families – without all the storage, transport costs and food waste.

Join your neighbourhood Box Divvy Food Hub, where you can order and pay online. Then either pick up from your Hubster (the person who runs it), or have your order home delivered (if they offer it).

Want to be actively involved? Run a Box Divvy Food Hub and earn income from home, raise funds as a community group, or as a service within a business. Interested? Either register to join or run a Hub at www.boxdivvy.com or email info@boxdivvy.com

Hello Fresh

Address: Level 2, 5-13 Queen Street, Chippendale. Tel: (02) 8188 8722



This service will supply you with recipes and all the ingredients to cook healthy nutritious meals. The boxes are delivered to you at an agreed time. You can check out the recipes for the week before placing your order and choose the number of recipes and people you wish to cater for. Meals start at \$8.75 per person/meal and go up to about \$11-12.

It's an easy way for busy people to eat well without having to plan or purchase food at the end of each day. The meals are easy to prepare, interesting yet simple.

Recipes typically take only 30 minutes or less and don't require fancy equipment. Anyone can cook with Hello Fresh. Our mission is to get more people to cook and our beautiful step-by-step photo instructions will change the way you think about cooking!

Visit the website: www.hellofresh.com.au/

MEDICALLY BASED INTERVENTIONS



Boden Institute Clinical Trials

Tel: (02) 8627 0101

The Boden Institute at the Charles Perkins Centre specialises in research in the area of obesity and obesity related conditions.

Joining a clinical trial at the Boden Institute gives you access to study dietitians and doctors, blood tests and weight monitoring and other special tests dependent on the study, such as body composition analysis, at no cost to you.

To find out more about the studies that are currently recruiting visit <https://sydney.edu.au/medicine-health/our-research/research-centres/boden-institute.html>, or to register on the database to be contacted by the research team for studies that you may be eligible for go to www.charlesperkinsresearch.com. The research team can also be contacted directly via phone (02) 8627 0101 or email clinicaltrials.boden@sydney.edu.au

Eating Disorder and Obesity Psychology Research Clinic

Eating Disorder and Obesity Psychology Research Clinic (known as EDOC) provides highly affordable, evidence-based psychological treatment to individuals with eating disorders, feeding disorders, obesity and co-morbidities.

Address: Psychology Clinics, Western Sydney University, Building BA Penrith Campus (Werrington South) Great Western Highway, Kingswood. Tel: (02) 9852 5281.
Office hours: 9.00am to 5.00pm. Email: EDOC@westernsydney.edu.au

EDOC also conducts ground-breaking clinical research to further inform its treatment practices.

Many individuals who are obese have tried to lose weight many times and have failed. If a person fails many times at something, they feel hopeless and may give up. Weight loss is difficult and everyone needs support. Clinical psychologists are experts at behaviour change and can best support obese individuals with their weight loss efforts and treat any underlying problems.

A referral is not needed. However, to claim a Medicare Rebate you must have a referral and treatment plan from a GP, paediatrician or psychiatrist.

SupportMe

Text messaging support for people with diabetes or heart disease



Tel: (02) 8890 9818. Mobile: 0404 228052. Email: WSLHD-SupportMe@health.nsw.gov.au

This program provides medical information and lifestyle support via text messages to people with type 2 diabetes or heart disease. This program is **FREE** and is available to people over 18 years of age who have type 2 diabetes or heart disease and own a mobile phone.

The messages are customised to a persons' health needs and include:

- Advice, information and support to manage diabetes or heart disease
- Tips on how to monitor risk factors
- Tips about healthy living
- Information about existing health programs for extra support.

Text messages can include healthy eating, physical activity, diabetes or heart disease, medication and smoking cessation.

This research project has been approved by the Western Sydney Local Health District Human Research Ethics Committee and is supported by the NSW Health Translational Research Grant Scheme (TRGS).

Visit the website: www.support-me.com.au/

Quit Smoking Programs



1. Quitline Telephone support to quit smoking

Quitline is a confidential telephone service, providing customised support to help you plan and quit smoking.

To contact the NSW Quitline, call 13 7848 (13 QUIT).

Quitline Advisors are trained to help you to quit smoking, and to keep you on track while you are quitting. Quitline has Aboriginal Advisors, and Advisors who speak Arabic, Mandarin, Cantonese and Vietnamese – you can ask to speak to any of these Advisors when you call. If they are not available, you can leave a message and request for them to call you back. For support in other languages, call the Translating and Interpreting Service (TIS) is available.

Quitline is open during these hours:

- Monday – Friday: 7.00am to 10.30pm
- Saturday, Sunday and public holidays: 9.00am to 5.00pm

The cost of your call is the same as a local call. You can ask the Quitline to call you back – this means you only pay for one phone call.

2. iCanQuit Website <https://www.icanquit.com.au>

Join a supportive online community to help you quit for good!

Visit the iCanQuit website for tips from real ex-smokers and for help creating your own plan to quit smoking. Find out how much money you can save by quitting, and how smoking affects your health.

Visit: www.iCanQuit.com.au for information about strategies and products available to help you quit.

3. Nicotine Replacement Therapy and other quit smoking medications

Nicotine replacement therapy (NRT) and two quit smoking medications are available via prescription on the Pharmaceutical Benefits Scheme. You may also be eligible for a concession or free script via Close the Gap. Talk to your General Practitioner about whether NRT or quit smoking medications could help you to quit smoking.



Janine Dawson
Diabetes Prevention Program Manager

Telephone: (02) 8670 0015

Mobile: 0419 239179

Fax: (02) 9851 6146

Email: janine.dawson@health.nsw.gov.au

Web: www.westernsydneydiabetes.com.au

Twitter: @wsdiabetes

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