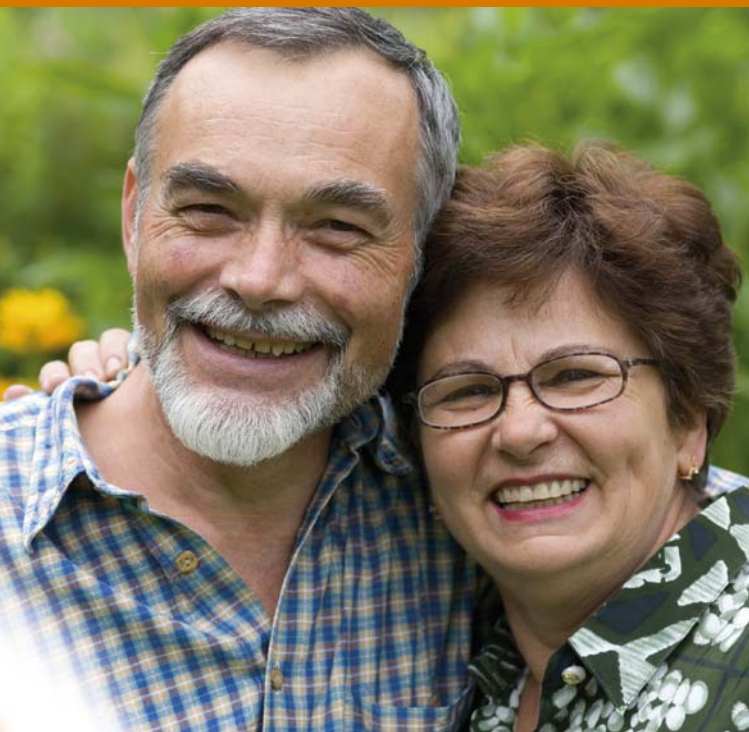


type 2 diabetes



Type 2 diabetes is a common health condition, but in most cases its progression can be controlled through healthy lifestyle changes.

The benefits of regular exercise and a well-balanced diet include:

- | lower blood glucose levels
- | reduced risk of heart disease
- | weight control
- | potential to reduce use of medication
- | improvement in your overall health

2

oxigen**health**

oxigen**health** coordinates a self-paced group diabetes program to encourage healthy lifestyle modifications, focusing on activity level and nutritional guidance.

Based on your own individual capabilities, our accredited exercise physiologists and trainers will offer you all the support and motivation you need to improve your health and wellbeing.

For more information on how we can help you please call us on **4367 6433** or drop by for a visit.

AAESS



Accredited
Exercise Physiologist

Medicare

*Rebates are available by a growing number of private health funds for exercise physiology

bring in this flyer and receive a
**complimentary
consultation**

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