

Media statement

11 April 2017

Magic bullet for diabetes management

While many may wish it wasn't true, regular physical activity is the single most important thing you can do to manage your diabetes and overall health and happiness.

Healthy Lifestyle Officer Kerry Roach said regular physical activity was the magic bullet.

"It improves your body's sensitivity to insulin, lowers your blood glucose levels, decreases blood pressure and cholesterol levels, controls weight and reduces the risk of diabetes complications," Ms Roach said.

"Physical activity also improves your mood, increases energy levels, reduces stress and tension and improves sleep."

The Sunshine Coast Hospital and Health Service delivers monthly "Type 2 Diabetes and Me" information sessions, highlighting how physical activity should be at the top of everyone's list for good health and happiness.

"Many shy away from physical activity as they think it's too hard, but being active doesn't have to be hard work, instead it's about finding enjoyable, manageable activities that suit the individual and their lifestyle," Ms Roach said.

The next information session is scheduled for Wednesday, 26 April 2017, 9am – 1pm, at the Maroochy RSL Sub-branch, Memorial Avenue, Maroochydore.

Participants receive up-to-date information and resources about type 2 diabetes, nutrition, physical activity, emotional wellbeing, goal setting and communicating with health professionals.

The information session gives local residents an opportunity to engage with health professionals and connect with others living with type 2 diabetes. A clinical nurse, dietician, social worker and health promotion officer will speak on the day and be available to answer all of your questions.

To be eligible to attend this session, you must be diagnosed with type 2 diabetes or pre-diabetes, confirmed by your G.P.; be over 18 years of age; be able to attend group education for four hours; and be able to learn in the company of others.

If you meet the eligibility criteria above, please register your interest for the workshop before 25 April by calling Central Intake on 5450 4747. While a referral from your G.P. is not necessary, bookings are essential.

ENDS

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