

## Appendix 4: Life! course Information for the Physiotherapist / Exercise physiologist

Thank you for assisting with facilitation of the Life! *Taking Action on Diabetes* course.

This information is designed to familiarise you with the Life! course, and guide you in assisting with delivery of session 4. The facilitator will give you a copy of the participant workbook where you will note that prior to session 4, the course participants would have completed a 3 day food and physical activity diary.

In session 4, participants are working towards setting short term physical activity goals and this is where your expertise is required. Please go through the manual carefully and discuss any queries with the Life! facilitator who is facilitating the course.

Please find attached a copy of the session 4: overview, the outline of topics and timings and instructions.

### Your role in session 4:

- It is expected that you will facilitate activities in session 4 and assist the participants in increasing their levels of physical activities best suited to their lifestyles. It is advised you contact the Life! facilitator if you have queries related to the activities.
- You are also asked to please to bring to the session, a list of physical activities that are suited to people of all ages and fitness levels to distribute to the participants.
- The Physical Activity Pie is a model to assist participants with understanding the health benefits associated with an active lifestyle and participation in regular exercise to promote endurance and or strength and balance. A copy of the Physical Activity Pie is in the appendices of the Participant workbook. Further information on this model is available electronically at the following link: <http://www.ukkinstituutti.fi/en/liikuntavinkit/542>

Facilitators to copy the above AND session 4 overview, outline of topics, timings and instructions and give to the physiotherapist/exercise physiologist prior to the session.

The above information is also available on Life! website under facilitator resources as 'Life! information for physiotherapist/exercise physiologist'