

## Poster Abstracts

**Mr Andrew Smith, St John of God Hospital Warrnambool –**

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**Abstract title:** *Lift for life – Resistance training for type 2 diabetes*

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The region of South West Victoria has a high prevalence of type 2 diabetes. Trends worldwide suggest that incidences of diagnosed and undiagnosed Type 2 diabetes are on the rise.

St John of God Warrnambool, South West Healthcare and Warrnambool City Council have combined to provide residents in the area an exercise based option to help manage their type 2 diabetes. In 2015, Lift for Life was introduced as a program aimed specifically at those with a diagnosis of type 2 diabetes. Lift for Life is an evidence-based resistance training program that was developed by the Baker IDI Heart and Diabetes Institute. Current evidence suggests that moderate to high intensity resistance training is the best form of exercise to assist with management of type 2 diabetes.

Outcomes and participant satisfaction levels to date have been positive. When combining all participants initial outcome measure and comparing to subsequent testing, results have included:

1. sit to stand (12.3 – 16.4 +33%),
2. arm curls (17.6 – 22.6 +28%),
3. 2 minute step up test 43.6 – 50.9 +17%, timed up and go (8.1 – 6.7 -18%).

Those who have completed the gold phase of the program are now attending the gym independently through a gym membership. Self-management was one of our main objectives when commencing the program.

### **Biography**

Andrew is currently working as an exercise physiologist at St John of God Hospital and South West Healthcare Warrnambool. He has been in the hospital system for the last 2 years.

