

Welcome to RPP Strength & Conditionings **Kick Start Program**....

- ☐ Do you have type 2 Diabetes or are pre-diabetic?
- ☐ Do you have cardiovascular issues?
- ☐ Are you overweight?
- ☐ Do you want supervised exercise that is safe, effective and loads of fun?

If you answered yes to one or more of the above than **Kick Start** is the program for you!

Why exercise and why **Kick Start**?

Exercise is proven and recognised as an efficient and safe treatment in the management of type 2 diabetes, pre-diabetes, cardiovascular issues and obesity. This program is based on the science that proves the medicinal benefits of exercise and will help you gain control over your condition.

What does **Kick Start** involve?

The program commences with a one on one consultation, which is repeated at the completion of the program to monitor your improvement. You will participate in 12 group classes over a maximum of 12 weeks (less if you come more often). There is also the option of ongoing group sessions on completion of your 12 group classes. The classes are a circuit style class supervised by an Exercise Physiologist or Physiotherapist who can modify any exercise to suit your specific needs if they arise. There are 2 levels in which you will be assigned based on your initial assessment. The groups are very supportive, non competitive and loads of fun.

What do I need to bring?

Be sure to bring a towel and drink bottle and wear comfortable clothing appropriate for exercise and sturdy shoes such as joggers.

When and Where will I find **Kick Start**?

All classes are held at North East Life 10 Chisholm Street Wangaratta. Kick Start Level 1 will run on Monday's at 1pm and Level 2 on Mondays at 12pm. Please check in at reception to book for each class.

How much does **Kick Start** cost?

Please refer to our fee schedule in this folder. Remember that if you have private health extra cover, then you may be able to claim the costs of the program from your health fund.

Remember, good health is a life long journey. It needs to become part of your everyday lifestyle. Exercise is for life! And moving is living!

Kind Regards,



Chanelle Gaspari
Director RPP Strength & Conditioning
Physiotherapist
Personal Trainer



Shelly Harper
Accredited Exercise Physiologist