

Exercise & Type 2 Diabetes

A Practical Approach To Behaviour Change

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A black and white photograph showing a person's feet in sneakers walking on a paved surface. The person is wearing dark pants and dark socks. The sneakers are light-colored with dark soles. The text "Opening Up A Dialogue" is overlaid in the center in a bright pink color.

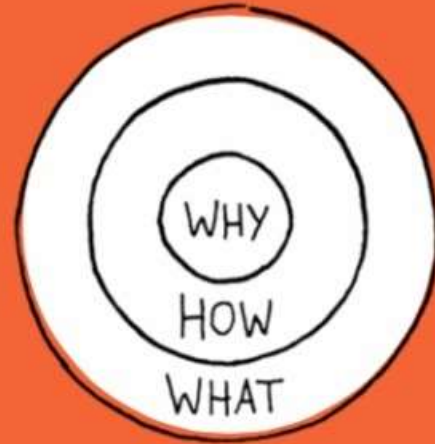
Opening Up A Dialogue

A group of men are sitting on the floor in a meditative posture (lotus or similar) in a studio with a brick wall background. They are wearing light-colored shirts and dark shorts. The man in the foreground is wearing a white tank top and has a beard. The text "Identify Why" is overlaid in a teal box with yellow text.

Identify Why

The Golden Circle

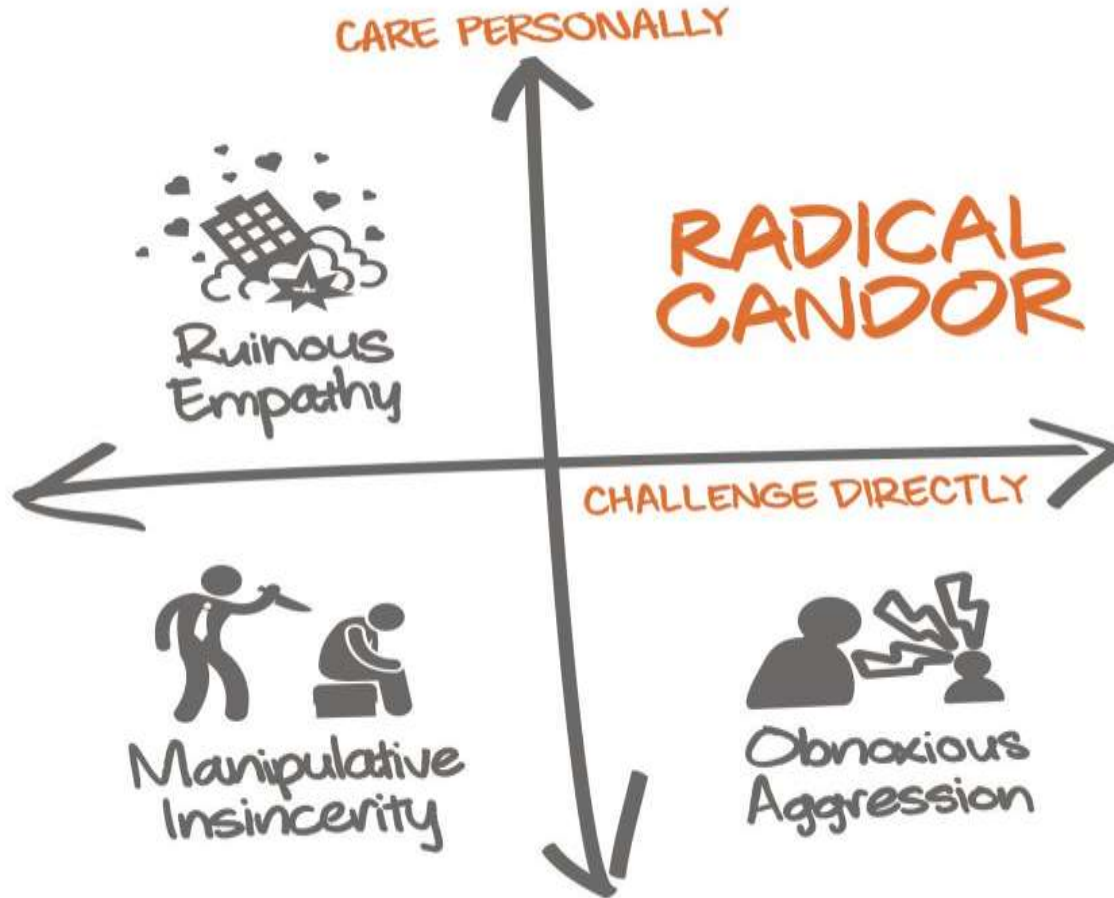
Think “Simon Sinek”





“There are many reasons to exercise, but if we can’t find our own, we’ll never allow exercise to become a habit”





An aerial photograph of a winding asphalt road that curves along the crest of a green, rocky mountain ridge. The road is bordered by a low stone wall. In the background, a small blue lake is visible in a valley. The sky is bright blue with light, wispy clouds. The overall scene is a scenic landscape.

Create the pathway

A group of approximately ten people are in a bright, modern studio with a brick wall and large windows. They are all performing a similar yoga or stretching pose, leaning forward with one arm raised. The text "Grow the support network" is overlaid in a semi-transparent grey box across the center of the image.

Grow the support network

A black and white photograph of a woman in athletic wear sitting on a track, stretching her leg. She is wearing a long-sleeved top, leggings, and sneakers, and has earbuds in. A pink rectangular box is overlaid on the image, containing the text 'Put measures in place' in a bold, purple font.

Put measures in place



Focus on the process

A photograph showing the lower legs and feet of several hikers on a forest trail. The hikers are wearing various types of outdoor footwear, including sandals and hiking boots. They are using trekking poles for stability. The ground is covered in dry leaves and small plants. The background is a lush, green forest with sunlight filtering through the trees. A semi-transparent yellow-green rectangular box is overlaid in the center of the image, containing the text "Review progress" in a bold, yellow font.

Review progress



Celebrate the wins

A black and white photograph of a person's legs in ballet slippers, with a yellow banner overlaid containing the text "Keep up to date with research". The person is wearing light-colored, pointed-toe ballet slippers with ribbons. The background is blurred, showing a wooden floor and another person's leg in the distance.

Keep up to date with research

EXERCISE PRESCRIPTION PRINCIPLES

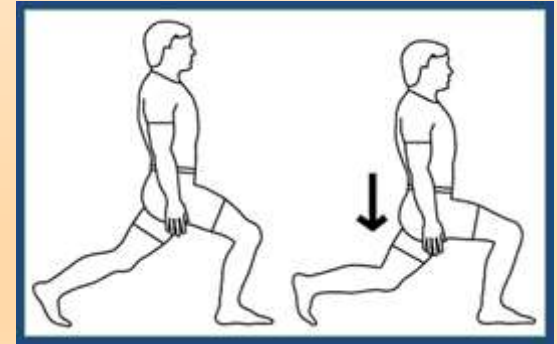
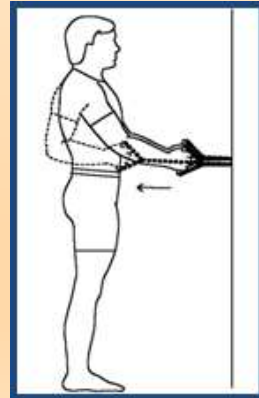
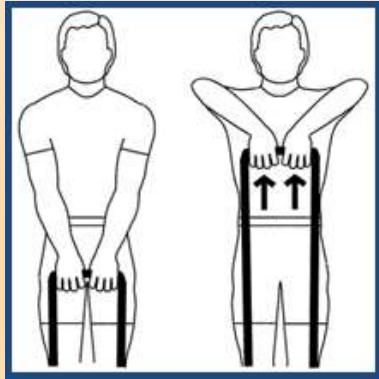
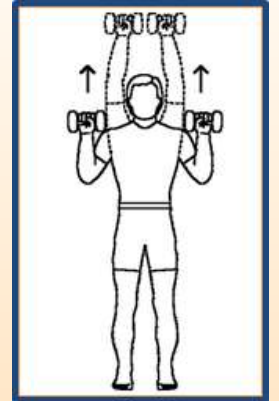
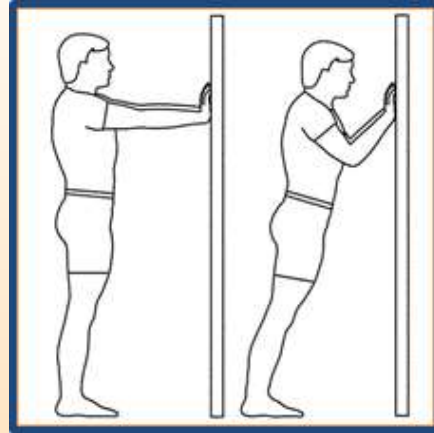
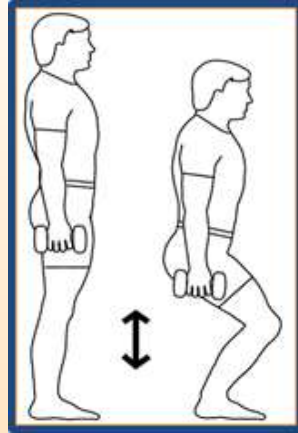
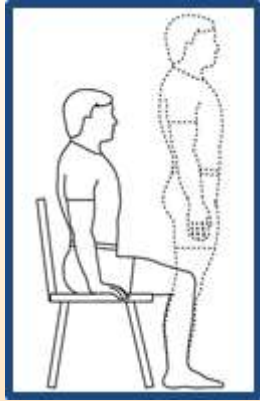


F.I.T.T.:

- Frequency
- Intensity
- Time
- Type

A close-up photograph of a woman in a black sports bra performing a barbell squat. She is seen from the back and side, with her hands gripping a silver barbell resting on her shoulders. Her right arm is bent, and her hand is resting on the barbell. The background is slightly blurred, showing another person in a dark blue shirt. The lighting is bright, highlighting the woman's muscular physique.

Not Just Talk
Walk the walk



Key Messages



Start with Why

**Apply Radical
Candor**

**Establish the
pathway**

**Collaborate and
refer**

**Put measures
in place**

**Focus on
progress over
perfection**

**It's about the
process not the
outcome**

**Get practical
where you can**



*Thanks for being a
part of the
discussion...*



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