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The Beat It program offers practitioners the ability to enhance their management of clients living with diabetes by increasing their capability to prescribe exercise both individually and in a class setting.

Matthew Squires, Principal Physiotherapist

**1 in 4**   
adults  
are either living with  
diabetes or pre-diabetes



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The changes I can see in myself would never have happened without this course. It was so easy to change my mindset when I saw results. My trainer gave some good advice which covered things we all wanted to know but hadn't asked. I have lost the stigma that is attached to Type 2 and that's a big thing...

Jane 62  
Participant

### THE BEAT IT PROGRAM CAN HELP YOUR CLIENTS TO:

- ✓ **Increase** their physical activity levels.
- ✓ **Reduce** risk factors for developing diabetes, heart disease and other chronic diseases.
- ✓ **Reduce** risk factors for developing complications associated with diabetes, and heart disease.
- ✓ **Improve** diabetes management.
- ✓ **Improve** cardiovascular health, musculoskeletal strength, balance, coordination and endurance.
- ✓ **Promote** sustainable long-term behaviour change.

**VISIT OUR WEBSITE TO ENROL TODAY**

**DIABETESQUALIFIED.COM.AU**

**1300 727 194** email@diabetesqualified.com.au



**ACCREDITATION PROGRAM  
FOR EXERCISE PROFESSIONALS**



A SUBSIDIARY OF



Diabetes Qualified is owned by Diabetes NSW & ACT, Australia's largest member-based charity for people living with or at risk of diabetes. Diabetes NSW & ACT has been supporting people with diabetes, their families, carers and friends, since 1938.



## BEAT IT TRAINER COURSE

Beat It Trainer is an evidence-based program for exercise professionals designed to provide the skills and knowledge necessary to deliver safe and effective group-based physical activity and lifestyle programs for people who may be living with, or at risk of diabetes, and other lifestyle-related chronic conditions.

## WHO IS THIS COURSE FOR?

- ✓ Accredited Exercise Physiologists
- ✓ Exercise Scientists
- ✓ Certificate IV Personal Trainers
- ✓ Physiotherapists

## WHAT IS BEAT IT?

An eight-week group exercise and lifestyle program for people living with, or at risk of chronic disease, 10-15 participants attend two one hour exercise sessions per week, as well as education sessions on various lifestyle topics.

## JOIN THE BEAT IT TEAM

## TIME TO COMPLETE



Part one: 12 hours  
approximate time for  
online learning

Part two: 1 day  
face-to-face training



8 CECs

10 CECs

The ESSA Professional Development Committee certifies that this Professional Development offering meets the criteria for 19.5 Continuing Professional Development (CPD) Points.

Fitness Australia offers a total of 18 Continuing Education Credit (CEC) Points. Part 1 = 10 and part 2 = 8.

## COURSE OVERVIEW

The course is a two-part education program for exercise professionals to become certified Beat It trainers.

## PART ONE DIABETES AND EXERCISE a practical 12 hour self-paced online course for exercise professionals

The Diabetes and Exercise eLearning program provides exercise professionals with extensive knowledge of how to ensure exercise prescription is safe and effective for people living with diabetes and other lifestyle-related chronic conditions.

## PART TWO BEAT IT TRAINER 1 day face to face training

Beat It Trainer is a face-to-face interactive training day that provides you with all the materials, content and support to initiate and run Beat It group physical activity programs.

## WHY BECOME A BEAT IT TRAINER?

Diabetes is the fastest growing chronic disease in Australia. Beat It is an evidence-based program that aims to support your clients living with, or at risk of diabetes in improving their health and well-being and reducing risk factors by making sustainable lifestyle behaviour changes.

## ONGOING SUPPORT

Once you have successfully completed the Beat It trainer course, we will provide you with 24 months of support including:

- ✓ An email to up to 700 potential clients from our database (in NSW & ACT only)
- ✓ Access to Beat It marketing templates and support materials for your facility
- ✓ Website advertising for any Beat It programs you are currently running
- ✓ Promotion of your Beat It programs at our local community events
- ✓ Opportunity to network with fellow Beat It trainers



**INVESTMENT**  
\$645

ESSA members receive a \$50 discount

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