



Life! after gestational diabetes



The *Life!* program is supported by the Victorian Government



# Prioritise your health and reduce your risk of type 2 diabetes with a free healthy lifestyle program.

As mothers, we all want to be healthy and have the energy to do the things we love. It may be keeping up with a young family or supporting our children to have the best start to life. However, women with a history of gestational diabetes are up to eight times more likely to develop type 2 diabetes. This risk is highest in the first five years after the birth of your baby.

The good news is that the *Life!* program has been developed specifically to help busy mothers like you to significantly reduce this risk.

This program is delivered by health professionals and is available in Vietnamese and English.

#### *Life!* is a completely FREE program that includes:

- An initial health assessment and individual goal setting
- A series of online group sessions delivered by a dietitian or exercise physiologist
- · Access to a range of resources and tools, including nutrition and exercise advice
- Support and advice on sleep and stress management
- Ongoing support and guidance from your group facilitator
- · Opportunity to connect with other mothers

#### Group course

Start		Introduction session – Welcome to Life!	Online
	~~~ ~~~	In this one-on-one session you'll discuss your lifestyle and work with your facilitator to set your health goals.	1 hour
$\checkmark$			
Session 1		Session 1 – Program overview	Online
		Learn more about changing your lifestyle to improve your health and reduce your risk of chronic disease.	45 min
$\checkmark$			
Session 2 held two weeks after session 1		Session 2 – Healthy eating	
		Learn more about nutrition – including reading food labels and modifying recipes – and set achievable healthy eating goals.	<b>Online</b> 45 min
$\checkmark$			
Session 3 held two weeks after session 2	É	Session 3 – Physical activity	Online
		Understand how to incorporate more exercise into your lifestyle and set achievable physical activity goals.	45 min
$\checkmark$			
Session 4 held two weeks after session 3	-0-	Session 4 – Wellbeing	Que l'in a
	52	Learn more about the importance of stress management, relaxation and sleep.	<b>Online</b> 45 min
$\checkmark$			
Session 5 held four months after session 4		Session 5 – Progress	<b>Online</b> 45 min
		Understand how to manage setbacks and barriers and set new long-term goals.	
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12 months after commencing program	<pre></pre>	12-month session – How are you going?	
9 P.03.211		Discuss any challenges you have faced, review your goals and set new ones.	<b>Online</b> 45 min



Having helped over 75,000 Victorians over the past 15 years, this online group program will guide you, alongside other mothers, to set healthy living goals and learn how to achieve them. Zoe had gestational diabetes during her pregnancy and found *Life!* helpful to reach her health goals.



I decided to do the Life! program because I didn't want to get diabetes and I wanted to stay well and be a healthy mum in the future.

This program is amazing. It really helped me much more than I expected. 99

Zoe - Life! program participant

### Join the *Life!* program today by:

## Completing the health check at lifeprogram.org.au. or call us on 13 74 75

If you were diagnosed with gestational diabetes during pregnancy you are automatically eligible!



If you need an interpreter, contact 131 450 and provide them with our phone number 13 74 75.



T 13 74 75 E life@diabetesvic.org.au

W lifeprogram.org.au/vietnamese\_life-program-gestational-diabetes/

*Life!* – Helping you prevent diabetes, heart disease and stroke

Wurundjeri Woi-wurrung Country

lifeprogram.org.au/vietnamese\_life-program-gestational-diabetes/ life@diabetesvic.org.au

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