

Background

Culture of Inactivity

A sedentary lifestyle has been well documented as a risk factor for the development of an array of chronic conditions, which create a massive toll on both health care systems and the economy. Increasing physical activity levels is likewise known to greatly reduce the rates of developing and can aid in the management of these same conditions.

The Role of the Kinesiologist

Kinesiologists are uniquely positioned to play a preventative role in the battle against chronic disease. Their role includes:

- Support, education and counseling one-on-one or in groups
- Individualized fitness plans tailored individual strengths and limitations with modifications for specific medical conditions
- Facilitate supervised group exercise programs
- Create accessible links with physical activity within the community

Only 13% of Ontario's Family Health Teams have either a Registered Kinesiologist or Health Promoter on staff.

Referral Process

Kinesiologist services can be accessed two ways:

- FHT patients and residents of Guelph with Type 1 or Type 2 Diabetes Mellitus



System Leadership

Process

Diabetes Care Guelph Fitness Room

Supervised Group Exercise Classes

2x1.5 hour sessions/week for 6 weeks. Circuit based class with aerobic, strength and balance components.

- In addition participants are counseled in topics including
- Initiating and sustaining cardiovascular and resistance programs
 - Nutritional concerns and tackling barriers related to exercise



Patients have access to an onsite fitness facility with drop-in hours to use aerobic, strength and balance equipment for up to 12 months



Individualized Fitness Plans

All patients are assessed for MSK and CDV risk factors and are prescribed exercise plans unique to their capabilities and lifestyle.

Partnership with the YMCA-YWCA

YMCA Walking Group:

Participants have FREE access to the indoor walking track at the YMCA two evenings per week.

Participation is open all residents of Guelph Walkers also receive a FREE Pedometer and handouts covering diet and exercise.

Annual Number of Participants: 330 individuals



FitStart with the YMCA

Free 6 week program transitional partnered with the YMCA of Guelph. Every 3-4 months 8-15 participants join the program.



Participants Receive:

- Instruction and familiarization with fitness equipment and classes
- 1:1 support with YMCA personal trainers and fitness instructors.
- Free day and class passes for the duration of the program.
- Joining fees waived and first 3 months fees cut by 50%

Nordic Poling Walking Group

8-15 participants learn how to use Nordic walking poles over a four-week program. The class is taught at the Royal Distributing Athletic Centre.

100% of participants agree or strongly agree they received the necessary knowledge and skill to continue their own Nordic Pole walking routine

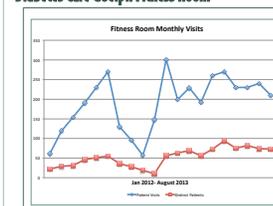


Organizational Capacity

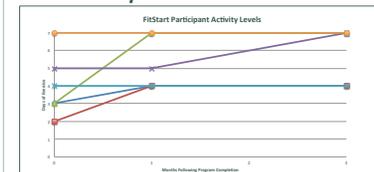
Outcomes

Results

Diabetes Care Guelph Fitness Room



FitStart Results - May 2013



- 2/3 of respondents increased their number exercise days. The remainder maintained existing levels.
- 50% of participants joined the YMCA following completion of the program

Patient Testimonials

"A great workout, gets your HR up quickly and my glucose level dropped by 1.5" - Urban, Group Exercise Class participant

"Some of my classmates inspire me to push myself harder. Thank you!" - Lee, Group Exercise Class participant

"Krista is super encouraging and helpful. She helps you push harder and monitors your progress very closely." - Lynda, DCG Patient

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System Navigation

Sustainability