



# Rob de Castella's Smart Start Your Life!



## Lifestyle Modification Program (LMP)

For people at risk of Type 2 Diabetes

- Are you between the ages of 40–49?
- Are you an Aboriginal or Torres Straight Islander between 15 and 54?
- Have you taken the AUSDRISK questionnaire?

If you are in this age bracket we recommend you take the AUSDRISK questionnaire. Please ask your Doctor or Practice Nurse for the AUSDRISK questionnaire or visit:

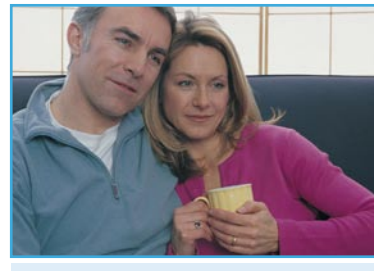
[www.health.gov.au/internet/main/publishing.nsf/Content/Diabetes-Risk\\_Evaluation](http://www.health.gov.au/internet/main/publishing.nsf/Content/Diabetes-Risk_Evaluation).

If you have taken the questionnaire and scored greater than 15 your chances of developing diabetes is at least 1 in 7.

Help is at hand. Our SmartStart Your Life! Lifestyle Modification Program (LMP) program is an accredited program that can help you decrease or even zero your chance of developing diabetes.

How do we do this? The SmartStart Your Life! LMP is a 6 month program designed to help change your lifestyle for the better. The program consists of goal setting, behavioural change, physical activity information, nutrition and assessments so you can keep track of your progress.

By taking part in the SmartStart Your Life! LMP you are setting yourself up for lifestyle success. We understand that making and sustaining good lifestyle behaviours can be a challenge and that



we all need all the support and encouragement we can get. This is why the sessions will be undertaken in small groups so you can get individual attention and receive support from other participants. So let the SmartStart team help you make a smart start to your future

## Assessment & screening process

All SmartStart programs start with a screening and benchmarking process to determine your health and lifestyle strengths, weaknesses and priorities.

This process also increases individual ownership of the program and the issues. Our screenings are holistic (covering all aspects of work and life) and focus on you the individual.

Ongoing analysis throughout the program helps you evaluate and fine tune your lifestyle.

## Assessments include

- Lifestyle, attitudes and behaviours
- Physical capacity and fitness, body composition, cardio respiratory fitness, flexibility, strength, muscular endurance, functional coordination
- Health and wellness screening, cholesterol, glucose, BP
- Family History and genetic predisposition
- Nutrition and eating patterns/behaviours

## How much?

For this extensive six month lifestyle modification program the cost to you is minimal. If you qualify, the program is subsidized by Medicare and will cost you only \$50 for the entire 6 months.

## What to do

1. If you are in the 40–49 (15–54 for ATSI) ask your doctor/practice nurse to do the AUSDRISK tool questionnaire
2. If you fall within the high risk category your doctor will refer you to SmartStart Your Life!
3. Your doctor will send us a referral form with your contact details.
4. We will contact you on to book a time for you to start.

It is that easy!!

## What if I fall outside the age bracket?

Don't worry. Still take the AUSDRISK tool questionnaire and if you fall within the high risk category contact us. SmartStart Your Life! will help you to start making smart lifestyle changes!

SmartStart also offers the following as an optional extra:

- Excel Gene DNA testing (see below), analysis and lifestyle modifications



## Excel Gene

SmartStart offers the very latest technology (gene analysis) to enable you to identify your personal gene profile.

Using a simple cheek swab, we will analyse 2 of your most significant health genes related to fat metabolism (ADRB-2) and insulin sensitivity (PPARY2) to ensure that your nutrition and exercise program really suits your genetic profile and body. The cost for this test is \$143.00 GST Incl.

We also offer a more comprehensive 15 gene profile consisting of body fat metabolism, muscle, joint and tissue development, inflammation and recovery; your body's ability and efficiency at eliminate toxins and dangerous free radical; and the vitamins, supplements and foods your body needs.

The 'expression' (the way the genes effect you) of all fifteen genes can be modified by lifestyle changes. You don't need to guess any longer—let SmartStart and science design a program for you.

The cost of this once in a lifetime gene test is \$449.90 GST Incl. and includes a full report, analysis and personal, one on one, planning session with our genetic lifestyle counselor.



## Contact Us

If you have any queries about the Lifestyle Modification Program please contact SmartStart Your Life! by phone, fax or email (see contact details below).



SmartStart Your Life!  
PO BOX 6127  
Phillip DC ACT 2606

Phone: 02 6260 5750  
Fax: 02 6260 5799

Email: [info@smartstart.com.au](mailto:info@smartstart.com.au)  
Website: [www.smartstart.com.au](http://www.smartstart.com.au)



# Lifestyle Modification Program



SMARTSTART YOUR LIFE