



Guelph Family Health Team



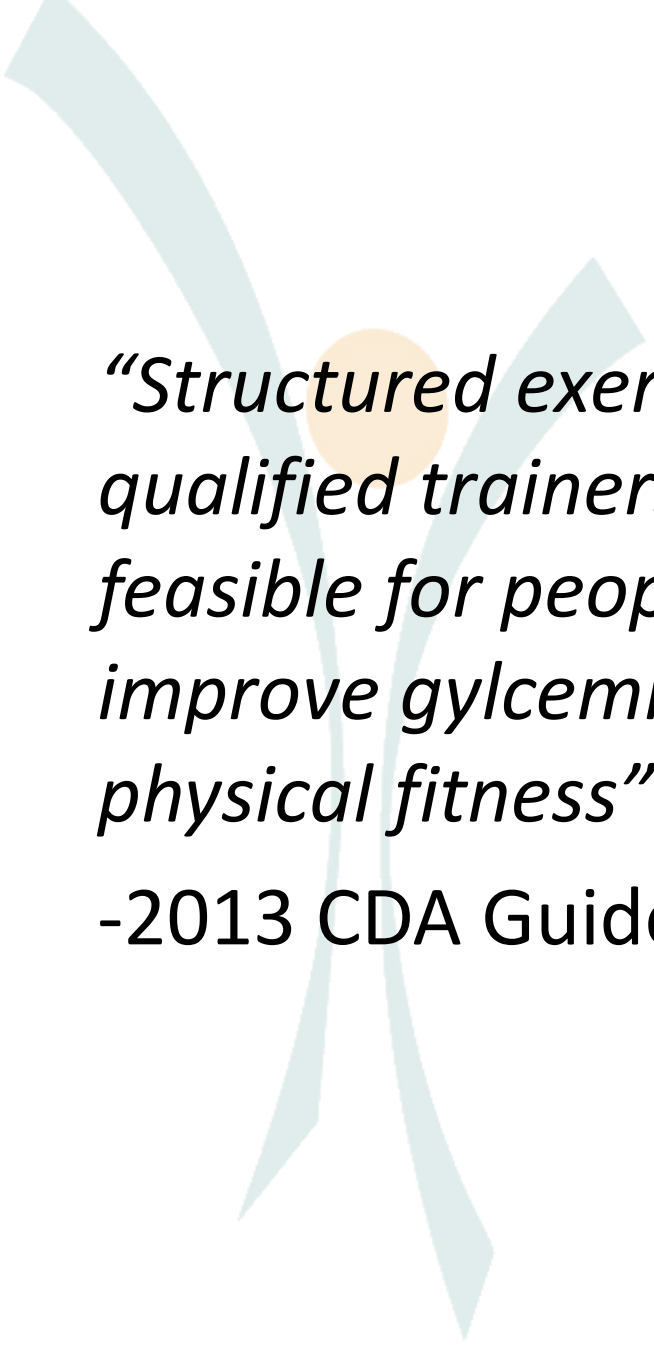


Peer Directed Group Exercise Programs Improving Clinical Outcomes

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Outline

1. Group class structure
2. Peer volunteers
3. Results
4. Feedback
5. Challenges
6. Starting your own program

A stylized graphic of a human figure with arms raised, rendered in light blue and orange tones, positioned in the background behind the text.

“Structured exercise programs supervised by qualified trainers should be implemented when feasible for people with type 2 diabetes to improve glycaemic control, CVD risk factors and physical fitness”

-2013 CDA Guidelines

Demographics

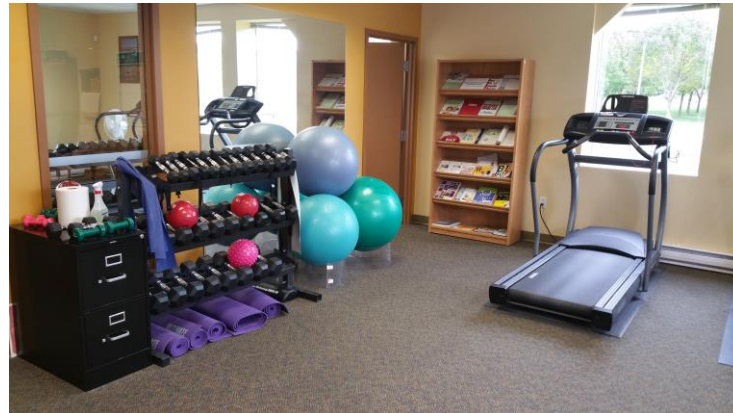
- 4:1 women to men
- 4-10 participants per class
- Age: 64.7 range: 41-83
- BMI: 35.1 range: 22-57
- HbA1c: 6.91% range: 5.9% - 9.7%

Primary Conditions: Pre-diabetes, type 2 diabetes, and metabolic syndrome.

Secondary Conditions: Arthritis, hypertension, osteoporosis.

Class structure

- Two 90min classes per week for 12 weeks
- 10-15min warm up and group discussion
- 30-45min cardio
- 20-30min strength training
- 10-15min cool down and discussion



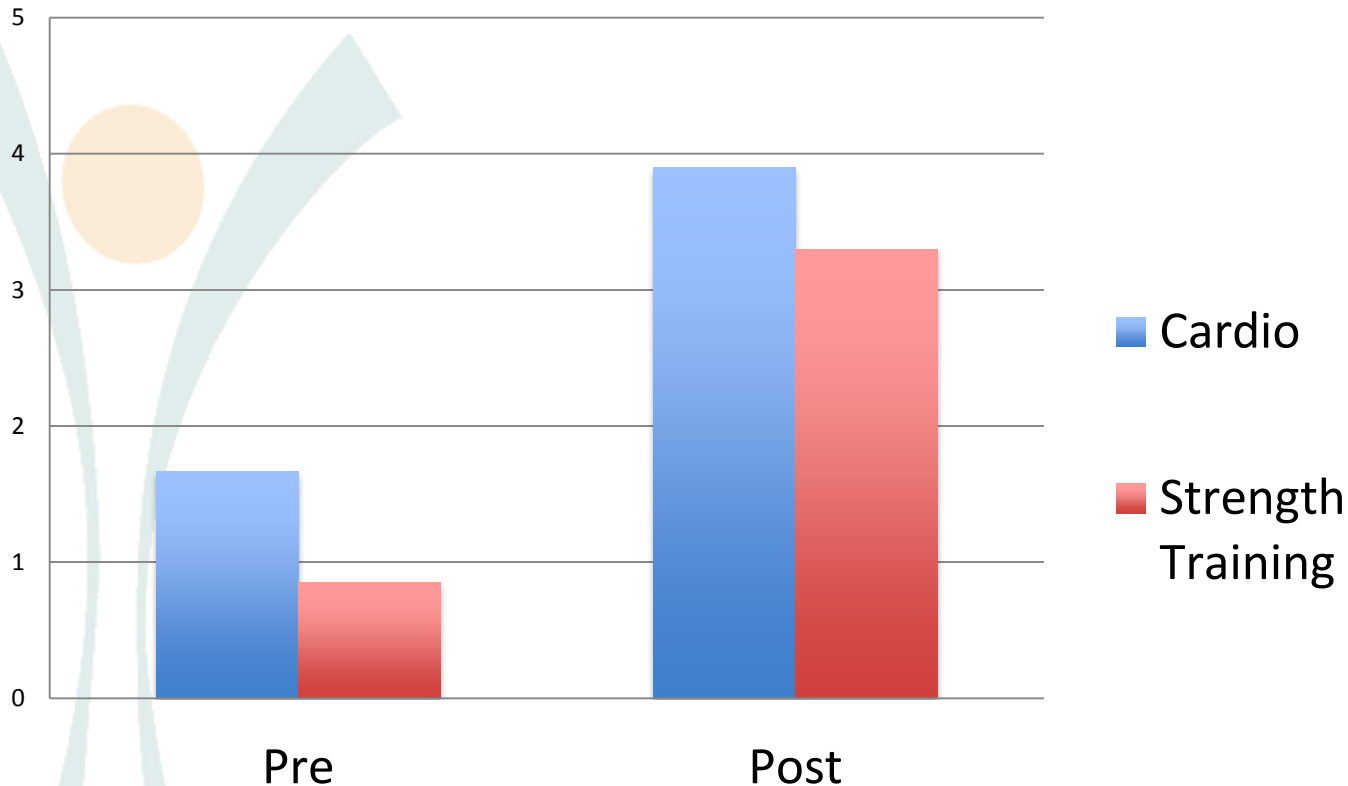
Discussion Topics

- What is exercise?
- Goal Setting
- Types of exercise and guidelines
- Diet and activity
- Challenges and solutions
- Progressions
- Intervals
- Planning for the Future
- Sedentary time

Peer Co-Leaders

- Program graduates
- Self express interest in taking on role
- Complete similar training to student volunteer
 - Trained on exercises and educational topics
 - Red flags and Safety protocol
- Support R.Kin in facilitating class

Days of Exercise



- Average length per cardio session increased from 20min to 42min
- Program graduates are 4 times more likely to meet exercise guidelines

Attitude towards exercise

Getting enough exercise for health benefits – Agree or strongly agree:

Pre: 15% Post: 74%

Enjoy being physically active – Agree or strongly agree:

Pre: 56% Post: 82%

Physical activity is important for health – Agree or strongly agree: 100%

- 93% of participants reported feeling they had acquired the necessary confidence, skills, and strategies to continue exercising following program completion.

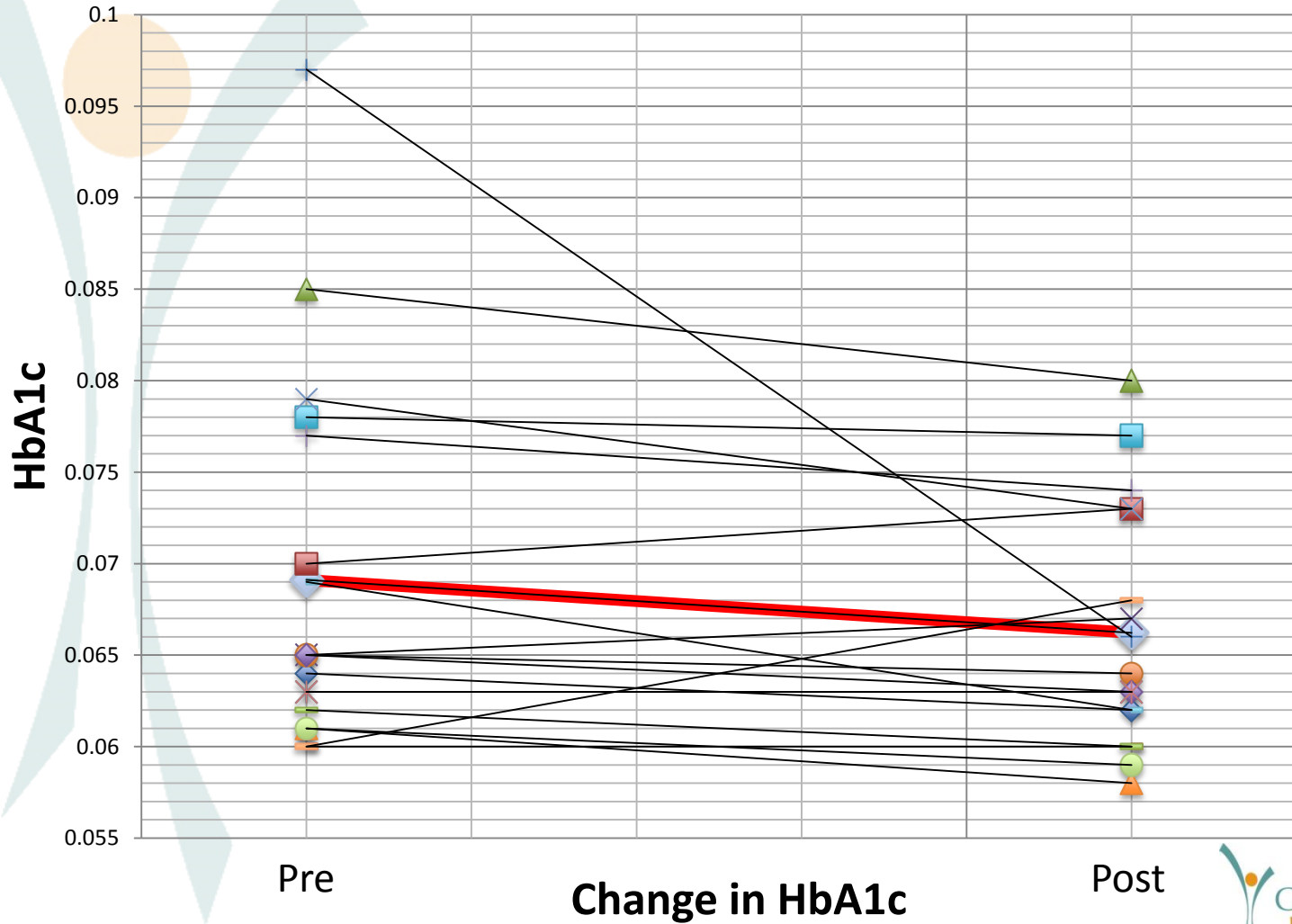


Physical Measurements

- Average weight decreased by 1.6kg
- BMI dropped from 35.1 to 34.3
- Waist Circumference reduced 2.5cm to 108.1cm



Hb A1c



Feedback

- *“The program is wonderful. It has taught me how to exercise and when to exercise. It has given me back a lot of confidence that I had lost.” - V.M*
- *“[The peer volunteer] was so motivational. Seeing that she can do it pushes me to try harder” - H.H.*
- *“The strengths of the program are: great positive leaders, peer encouragement and the acceptance of the stage you are at.” - V.S.*
- *“volunteering has allowed me to push myself in ways that I did not know were possible.” – L.F. peer leader*

Challenges

**I wish
exercising
was as
easy as
eating!**



Twinkl.com

Challenges

- Drop out rates (32%)
- Limitations of peer volunteers
- Parking cost and transportation
- Fitness room capacity
- Seasonal concerns

Starting a program

You will need:

- **Space:**
 - Build partnerships with YMCA, City Rec., Private facilities
- **Equipment:**
 - Gym equipment, resistance bands and weights, bodyweight
- **Staff:**
 - Kinesiologists, exercise physiologists, personal trainers
- **Time:**
 - Peer volunteers should ideally complete program first



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Thanks for your help!

