

Appendix 1. Diabetes clinic session overview

Session	Aerobic exercise	Resistance exercise	Education 30 min
1	<ul style="list-style-type: none"> • Upright cycle ergometer 10 min • Rowing ergometer 10 min OR stepping 2×5 min 	<ul style="list-style-type: none"> • Leg press • Supported row • Cable hip abduction • Bench press • Squats/sit to stand 	NDSS fact sheet: Understanding type 2 diabetes
2	<ul style="list-style-type: none"> • Upright cycle ergometer 10 min • Rowing ergometer 10 min OR stepping 2×5 min 	<ul style="list-style-type: none"> • Supported row • Squat/sit to stand • Bent over single arm triceps extension • Calf press • Cable standing single arm chest press 	NDSS booklet: Managing diabetes as you age guide for people aged >65 years
3	<ul style="list-style-type: none"> • Upright cycle ergometer 10 min • Rowing ergometer 10 min OR stepping 2×5 min 	<ul style="list-style-type: none"> • Leg press • Supported row • Cable hip abduction • Bench press • Squats/sit to stand 	NDSS booklet: Your healthcare team guide for people aged >65 years
4	<ul style="list-style-type: none"> • Upright cycle ergometer 10 min • Rowing ergometer 10 min OR stepping 2×5 min 	<ul style="list-style-type: none"> • Leg press • Supported row • Cable hip abduction • Bench press • Squats/sit to stand 	NDSS fact sheet: Physical activity; Heart Foundation: Physical activity action plan
5	<ul style="list-style-type: none"> • Upright cycle ergometer 10 min • Rowing ergometer 10 min OR stepping 2×5 min 	<ul style="list-style-type: none"> • Supported row • Squat/sit to stand • Bent over single arm triceps extension • Calf press • Cable standing single arm chest press 	NDSS fact sheet: Diabetes-related complications
6	<ul style="list-style-type: none"> • Upright cycle ergometer 10 min • Rowing ergometer 10 min OR stepping 2×5 min 	<ul style="list-style-type: none"> • Leg press • Supported row • Cable hip abduction • Bench press • Squats/sit to stand 	NDSS booklet: Healthy eating guide for people aged >65 years; Heart Foundation: Healthy weight action plan
7	<ul style="list-style-type: none"> • Upright cycle ergometer 10 min • Rowing ergometer 10 min OR stepping 2×5 min 	<ul style="list-style-type: none"> • Supported row • Squat/sit to stand • Bent over single arm triceps extension • Calf press • Cable standing single arm chest press 	NDSS fact sheet: Adjusting to life with diabetes; Heart Foundation: Psychological and social health action plan
8	<ul style="list-style-type: none"> • Upright cycle ergometer 10 min • Rowing ergometer 10 min OR stepping 2×5 min 	<ul style="list-style-type: none"> • Leg press • Supported row • Cable hip abduction • Bench press • Squats/sit to stand 	Australian Government Department of Health and Ageing: Choose health brochure; Physical activity and sedentary behaviour guidelines – Tips and ideas for older Australians

NDSS, National Diabetes Services Scheme.