

## ***What is an Exercise Physiologist?***

An Exercise Physiologist is a university qualified allied health professional, who specializes in clinical exercise interventions for all people. These interventions are provided by exercise delivery including health and physical activity education, advice and support and lifestyle modification with a strong focus on achieving behavioral change. Exercise Physiologists are the most qualified health professionals to prescribe exercise for people with chronic disease.

## ***What are the benefits of an exercise program?***

Participating in an exercise program has been shown to have a positive impact on many aspects of health and wellbeing. Some of these aspects include.

- Bone Health
- Balance
- Arthritis
- Type 2 Diabetes
- Heart Disease
- Weight
- Muscle Strength
- Fitness
- Depression
- Mobility
- Posture
- Energy

**“Exercise can reduce your risk of developing diabetes by almost 50%”**



## ***What to expect:***

### **Initial Assessment**

- Thorough medical, lifestyle and exercise history
- Baseline testing such as blood pressure, weight and waist
- Physical assessment including strength, balance and fitness level
- Goal setting

### **8 Week Group Session**

- Introduction to the gym and gym equipment
- Introduction to your exercise program
- Education on recording your sessions
- Assessment / education on technique
- Fun and friendly staff

**“Exercise can reduce the risk of developing Alzheimer's by up to 1/3”**

## ***Supervised Group Gym Session***

- Small groups
- 45-60 minute classes
- Assistance with technique
- Assistance with program modification as required

## ***After 8 weeks?***

On your initial consultation the Exercise Physiologist explains the ongoing options for after you have completed the 8 week program.