



WHO ARE WE?

Accredited Exercise Physiologists

are university qualified allied health professionals who prescribe exercise to help their clients improve their health and wellbeing.

An accredited exercise physiologist is qualified to work with you to address your individual health needs, and will assist you to undertake exercise that is both effective and safe. This may be done in an individual or group setting. You will also be supported to make positive lifestyle choices.

Accredited exercise physiologists work in a variety of settings including private clinics, community organisations, hospitals, government-funded services and non-government organisations.

WHAT'S THE COST?

As a recognised allied health professional, there are a number of ways you could see an accredited exercise physiologist:

- If you have a chronic health condition, such as diabetes, cardiovascular disease, arthritis or ongoing mental health issues your GP can refer you to an exercise physiologist as part of a team care arrangement through Medicare.
- You can see an exercise physiologist as a private client and you may be eligible for some rebate through your private health insurance.
- Exercise physiology services can be accessed using NDIS funding

WHAT WILL I DO?

Working with an accredited exercise physiologist will typically include:



An Assessment

- discussion about your current health, medical history and impact on your ability to exercise
- identifying barriers to regular exercise and strategies to overcome them
- setting goals – these may be exercise goals, specific health goals or broader personal health goals
- assessment of your current level of fitness and function



An Exercise Plan

- a specific exercise program for you to follow at sessions - either individually or in a small group
- group exercise classes with people of similar ability and with like-minded goals - this has the added benefit of being an opportunity for enjoyable social interactions
- aquatic exercise or sports-based sessions
- an in-home program you can do in your own time



HOW CAN AN ACCREDITED EXERCISE PHYSIOLOGIST HELP ME?

Regular exercise can help you to improve many areas of your physical and mental health:

- Mood, anxiety and stress
- Sleep quality
- Attention and concentration
- Energy levels
- Motivation
- Self-esteem
- Maintain ability to do daily tasks as well as master new skills
- Side effects of medication (weight gain, fatigue)
- Strength and balance
- General fitness
- Quality of life and general wellbeing



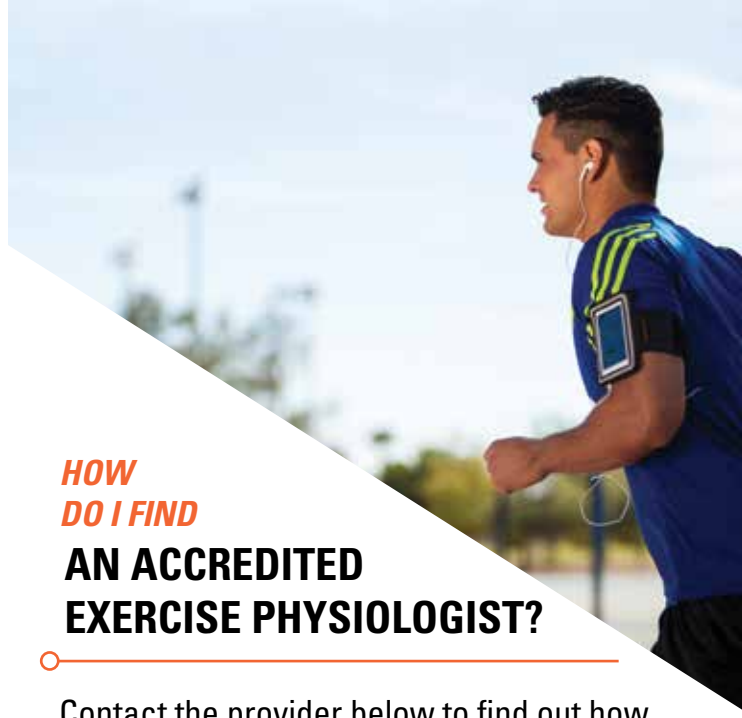
HOW DO I FIND AN ACCREDITED EXERCISE PHYSIOLOGIST?

Contact the provider below to find out how they can help you to improve your health and wellbeing.

Health & Rehabilitation Services
Contact: Paula Glancy
Phone: 0401 381 441
www.healthandrehabilitationservices.com

You can also find an accredited exercise physiologist near you by using the ESSA 'Find an AEP' search function on our website.

WWW.ESSA.ORG.AU



ACCREDITED EXERCISE PHYSIOLOGISTS

IMPROVING THE HEALTH OF PEOPLE LIVING WITH A MENTAL ILLNESS

ESSA
EXERCISE & SPORTS SCIENCE AUSTRALIA