



**AUTONOMY
IN MOVEMENT**

EXERCISE PHYSIOLOGY | CONTINUING EDUCATION



Autonomy In Movement (AIM) helps people explore an autonomous, brave and life-enhancing relationship with movement.

We work primarily with individuals who compulsively exercise or completely avoid it, people in recovery from an eating disorder, people living in bigger bodies, people who have experienced exercise trauma, the LGBTQIA+ community, individuals from diverse cultural backgrounds, and people who are navigating complex physical and/or psychological conditions.

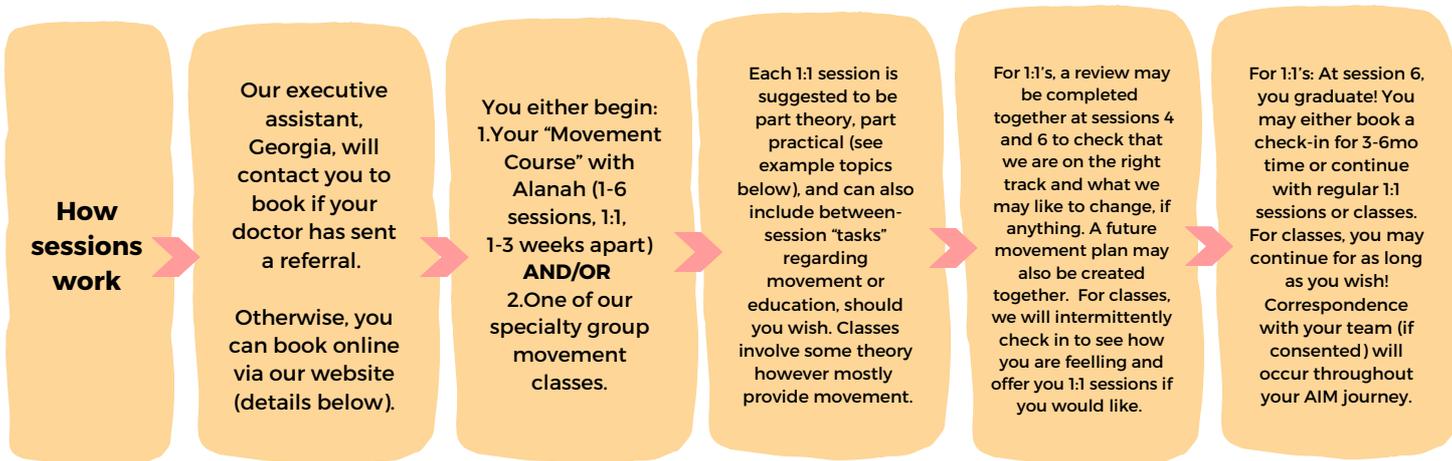
We practice from “whole-person”, social justice, trauma-informed, size-inclusive and evidence-informed frameworks, and position the individual as the expert of their experience and AIM as a collaborator walking alongside them.

We provide inclusive exercise physiology for clients and continuing education for clinicians.

It is widely accepted that movement can help improve our wellbeing, quality of life, functional capacity, sporting performance and more.

Unfortunately, due to today’s “toxic fitness culture”, which intertwines “grind culture”, moral superiority, weight stigma, exclusivity, control, all-or-nothing approaches, miseducation, social media influencers, physical image over wellbeing, performance at any cost, etc, it is not surprising that movement is not always synonymous with these life-enhancing outcomes.

AIM represents an overdue culture shift in the movement space. ALL bodies of ALL backgrounds and ALL abilities are welcome at AIM as we work to bring autonomy, bravery, safety, equity and enjoyment back into movement!



AIM's unique approach:

Each session uniquely involves part theory and part practical components. This is to help equip individuals with a theoretical understanding of movement to assist with autonomy, and then to practice the learnings together in-session. Practicing theory and practical movement together in-session is referred to as "In Vivo" movement, whereby the client and clinician engage in learnings and movement together in-the-moment to help work through barriers and cement learnings in real-time.



Referral and booking information: AIM accepts referrals via Chronic Disease Management Plans (CDMP), Type 2 Diabetes Melitis Plans (T2DMP), NDIS, and Private Health. A gap fee applies to each service except NDIS (out of pocket fees can be found on our website). A doctor's referral is not required but is preferred for client safety, and exercise clearance may be sought on an individual basis. Our 1:1 sessions average 50min, occur weekly to every three weeks, for one to six sessions. They can occur face-to-face or via Zoom or phone. Our new specialty group classes are also now available, and average 45-60min, occur multiple times per week and provide a more regular, cost-effective and community-minded opportunity to move!

About Alanah Reilly Founder and Director and Accredited Exercise Physiologist (Hons.)



Alanah Reilly, AIM's founder and director, is An Accredited Exercise Physiologist with an advanced scope in eating and weight concerns and relationships with movement. Alanah is also a cofounding director and active board member of the Safe Exercise at Every Stage (SEES) Clinical Guidelines for the management of safe exercise in eating disorder recovery. Alanah has completed a range of specialised training in eating disorders, inclusivity and trauma-informed care. She is an invited writer and presenter for Exercise and Sports Science Australia, The Royal Australian College of General Practitioners, Education in Nutrition, the Queensland Academy of Sport, and the Queensland University of Technology on the topics of safe movement and non-abstinence during recovery from an eating disorder, as well as size diversity and trauma-informed care in the movement setting. Finally, Alanah has presented at annual conferences for both the international Academy for Eating Disorders as well as the Australia and New Zealand Academy for Eating Disorders. In her spare time, Alanah loves hanging out with her husband, Sean (also an AEP), playing with her rescue dog Lola (half Border Collie, half Kelpie, who lives with OCD), having brunch either alone or with friends/ family, watching documentaries, resting, exercising and working on a range of fun side projects.