

Aim Exercise Physiology's '**defeat depression - beat the blues**' program helps people manage or recover from anxiety and depression. It provides support, education/guidance for healthy lifestyle choices, (e.g. suitable activity or exercise modifications), positive exercise experiences and implementation of personalised plans to help ensure long term success with goal attainment for improved quality of life. Programs are run by our Accredited Exercise Physiologists (AEP's) who have developed an *evidence-based* strength and conditioning program that is tailored to suit your individual needs, taking into account your condition, preferences and access to suitable exercise equipment and space. Our AEP's deliver personal training or group training at both of our exercise studios and liaise with your other medical and health providers to ensure optimal results.

Why exercise? Research shows a significant link between exercise and improvements in mood. Exercise is now commonplace in the treatment of mental health conditions such as depression and anxiety. Mechanisms for this link are well established and understood. Lifestyle interventions targeting both the prevention of sedentary behaviour and adoption and maintenance of physical activity are warranted [Schuch et al. 2017]. Physical activity interventions are now seen as *essential* components in recovery from mental illness [Rosenbaum et al. 2015].

Initial Exercise Physiology assessment

- Obtain medical history and understanding of past and present physical activity participation.
- Obtain relevant functional / health outcome measures to identify strengths, weaknesses & progress.
- Interpret fitness levels (normative data) to help you understand of the role of exercise for your condition.
- Design and implement tailored studio exercise and home-based activity / exercise schedule
- Set up physical activity monitoring.
- Plan suitable schedule for further one-on-one exercise consultations, group exercise classes and reviews.

Initial assessment with a Physiotherapist or exercise Physiologist

Initial 40 minute consultation and follow up 30 minute consultation with the therapist who will:

- Review medical history, current/past exercise and activity
- Work with you to provide personalised recommendations and strategies to improve your food choices
- Assess relevant movement and functional abilities.

Individual exercise sessions and private classes

After the Initial assessments, there may be a need or want for further individual sessions with either the Exercise Physiologist or Physiotherapist. Factors such as complex medical history, poor motivation, slow progress and adherence, low confidence, poor exercise technique/control, deconditioning and self-consciousness could be reasons for further one-on-one exercise sessions or private consultations, until you feel ready to attend classes.

Group exercise classes

- Groups classes offer **more exercise/equipment access at lower cost** than one-on-one sessions.
- 2-7 clients per class ensures close supervision for safety, good technique and progression.
- Each participant has an *individual program* tailored to specific health and wellbeing goals.
- A relaxed exercise environment where individuals can work at their own pace.

Follow-up consultation

Follow-up consult includes review of outcome measures, goals, experience, progression and upgrading.

Cost

Initial Assessment:	EP visit 1: 60 minutes – \$130	EP visit 2: 30 minutes – \$70
	Physio visit 1: 60 minutes – \$130	Physio visit 2: 30 minutes – \$70
Follow-up consultation: (subsequent or review consult if required)	EP or Physio:	30 minutes – \$70
Group exercise: \$21/session; Concession \$19; PHI rebates apply*; Package & Membership discounts avail.**		

** Medicare's EPC plan, Diabetes care plan & Dept. of Vet Affairs (DVA) funding / rebates apply.

Funding + Rebates: Most private health insurance (PHI) funds cover Exercise Physiology services – *please check with your fund for details of your policy and rebate entitlement. Our studios have HICAPS machines for on the spot rebate claims. Ask us about eligibility for Dept. of Vet Affairs (DVA) or Medicare [EPC or Diabetes care plan funding].

Doctors referrals

No doctor's referral is required for private patients. A doctor's referral is required for eligible services under Medicare's EPC or Diabetes care plan, Dept. of Vet Affairs (DVA) or RTW-SA .

aim Exercise Physiology - Better Living!

For appointment bookings and enquiries

T 08 8331 1557; F 08 8331 2579
 web: www.aimphysio.on.net email: admin@aimphysio.on.net

Exercise studio locations:

Toorak Gardens, 363 Greenhill Rd
 Oakden Medical Centre, 132-134 Fosters Rd, Hillcrest