

Aim Exercise Physiology's '**Strength + conditioning program**' is a specialised exercise and lifestyle program with the goal of delivering optimal, cost-effective, quality care to individuals who are looking to improve their health and fitness or their performance in sport or life. Strength and conditioning exercise programs have been shown to be effective for:

- Weight loss
- Athletic performance
- Diabetes management
- Injury rehabilitation
- Anxiety and depression
- Cancer recovery
- Cardiac rehabilitation
- Arthritis management
- Neurological conditions [e.g. Parkinson's disease]
- Orthopaedic rehabilitation [e.g. joint replacement surgery]

Programs are run by our experienced team of Exercise Physiologists and Physiotherapists who have developed an evidence-based 'Strength and conditioning program' of exercise to suit your individual needs, taking into account your condition, preferences and access to suitable exercise equipment and space. Our Accredited Exercise Physiologists deliver personal training or group training at both of our exercise studios. Speak to our Accredited Exercise Physiologist to find out how strength or resistance training could help you!

#### Key features + benefits:

1. Optimal **technique instruction + supervision** by experts in weight-training exercise.
2. Expert **program development**, exercise progression and recovery techniques.
3. Access to high-quality, **specialised exercise equipment** and dedicated space.
4. Optimal **results** through access to specialised strength and conditioning equipment.
5. Optimal **progress** through supervision, upgrades, encouragement, motivation and support.
6. Optimal **safety** due to technique supervision, guided program upgrading and recovery techniques.
7. Optimal **commitment** and **adherence** to your exercise program.
8. **Fast** progress and results – your gateway to safe, independent weight-training exercise at your local gym.

**Strength training & lean muscle mass:** Building lean muscle is a key aim of strength or resistance training. However, stronger muscle doesn't necessarily get bigger or bulkier. The effect of strength training is to improve efficiency of movement and the efficiency of neural connections. Stronger lean muscle allows joints to have more support, more lifting and carrying capacity and better endurance. As a result, movement becomes easier as our muscles can better support us and our joints. This decreases joint degeneration, pain with movement and the time it takes to get moving!

**Lean muscle mass..... the key to your metabolism!** The amount of energy your body consumes at rest (i.e. your metabolic rate) is heavily influenced by the amount of lean muscle tissue in your body. As a result, if you increase the amount and quality of muscle mass you have in your body (even slightly), you can cause a pretty substantial increase in your body's metabolism. So, a poorly understood, but key benefit of strength or resistance training is an increase in our metabolic rate or how much energy we burn. Muscle is great at burning fuel, even during rest! In short, more lean muscle means you will burn more energy every single day, irrespective of any exercise that you may be doing. That's why **the more muscle we have, the easier it is to lose weight**. Resistance training allows us to take advantage of all aspects of fitness - strength, cardiovascular, balance, neurological, power, functional fitness, and it makes you feel good. It is suggested that strength training be performed 2-3 times per week to take advantage of these benefits.

#### Supervised STUDIO Exercise program

Attending one of our exercise studios for supervised group exercise classes will reinforce correct techniques, improve motivation, and allow optimal and pain-free progression of your exercises.

#### Initial assessment & treatment plan (60mins - Cost \$130)

Your Exercise Physiologist will assess any physical and functional limitations associated with your pain, osteoarthritis or injury. A tailored treatment plan will be developed and initial home exercise prescribed. Depending on your personal circumstances, a subsequent appointment may be required.

#### Home & studio program development (60min - Cost \$130)

Individualised home and studio based programs will be prescribed in accordance with your needs and stage of rehabilitation. This will involve a combination of weight bearing, Pilates and gym equipment exercises.

#### Supervised group exercise (12 x 60min - Cost \$252)

Attendance can be twice weekly for 6 weeks, or once per week for 12 weeks. All classes are supervised by an Exercise Physiologist or Physiotherapist. You are guided and monitored in each class and progressions are made throughout. Reassessment and review is advised at 6 and 12 weeks.

#### Funding + Rebates

Please note that most **private health insurance** funds cover Exercise Physiology and Physiotherapy services – check with your fund for specifics of your policy and the rebate you are entitled to. All of our studios have a **HICAPS** machine for on the spot rebate claiming. Ask us about your 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.