

What is an Exercise Physiologist

An Exercise Physiologist (EP) is a health professional who specialises in the delivery of exercise for the prevention and management of chronic illnesses and injuries. An EP's primary focus, which differentiates them from other health professionals, is their use of exercise prescription to prevent, manage and treat complex chronic conditions. Sessions with an Exercise Physiologist may involve exercise prescription, goal setting, overcoming barriers and becoming independent to completing an exercise program, as well as improving your understanding of the effects of exercise on health and wellbeing.



Sessions may involve an individual session, a group setting or exercises to do in your home. Sessions are goal orientated and tailored to each individual.

The exercise physiologist can get you on the right track and help you find a source of activity that is suited to you. There are also many options available in our community, the EP can direct you to the most appropriate.

FOR MORE INFORMATION CONTACT:

Department | Community Rehabilitation Centre

Address: CNR Splatt & McCrae Street, Swan Hill

Phone: (03) 50339321

Email: crc@shdh.org.au

Web: www.shdh.org.au



Exercise Physiology

Regular physical activity is one of the most important things you can do to manage your health and wellbeing.

Who can see an Exercise Physiologist?

An exercise physiologist can provide clinical exercise intervention to a wide range of health conditions, including but not limited to:

CARDIOPULMONARY DISEASE

Hypertension, coronary artery disease, myocardial infarction, chronic heart failure, asthma, COPD, cystic fibrosis

METABOLIC DISEASE

Obesity, diabetes mellitus, dyslipidaemia

NEUROLOGICAL CONDITIONS

Stroke, ABI, multiple sclerosis, Parkinson's disease

MUSCULOSKELETAL

Arthritis, osteoporosis, sub-acute to chronic musculoskeletal pain or injuries

OTHER

Cancer, mental health, reconditioning

Are you getting enough physical activity?

Sedentary behaviour is associated with poorer health outcomes and increases your risk for developing chronic diseases.

Currently 56% of Australian adults are either inactive or have low levels of physical activity.

The Australian National Guidelines recommend that we should complete **150 minutes of moderate activity a week** to maintain a healthy lifestyle and to produce exercise related benefits. This is equivalent to a 30 minute walk on most days of the week.

Doing any amount of physical activity is better than doing none

You can start slowly and gradually increase the amount you do. Your exercise physiologist can assist you on ways to build up your physical activity and advice on what is the best type to suit your health and lifestyle.

You can accumulate your physical activity by being active on most days of the week.

It all adds up!!

Benefits of regular exercise!

- Maintain and improve blood pressure, cholesterol and blood sugar levels
- Improve muscular strength and bone health, reducing the risk of osteoarthritis
- Increase energy levels and management of fatigue
- Reduce the risk and assist with rehabilitation from some forms of cancer
- Manage mental health conditions, improving mood and self-esteem
- Reduce stress and improve sleep
- Maintain your ability to complete everyday tasks and to improve your quality of life
- Create opportunities for socialising and meeting new people

