

## 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 is the use of exercise prescription to prevent, manage and treat complex chronic conditions.

Sessions may involve exercise prescription, goal setting, overcoming barriers and education.



## What To Expect

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

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## Exercise Physiology

## Who can see an Exercise Physiologist

### Cardiopulmonary disease

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

### Metabolic disease

Obesity, diabetes mellitus, dyslipidemia

### 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 Physical Activity Guidelines recommend that we should complete **150 minutes of moderate physical activity per week** to maintain a health lifestyle and to produce exercise related benefits. This is equivalent to a 30 minute brisk walk on most days of the week,



## Benefits of Regular Exercise

- Maintain and improve blood pressure, cholesterol and blood glucose levels
- Improve muscular strength and bone health, reducing the risk of Osteoporosis
- 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 to improve your quality of life
- Create opportunities for socialising and meeting new people