

## Notes

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Cardiovascular Disease



Diabetes



Kidney Disease



Musculoskeletal Conditions



Respiratory Disease



Your Aboriginal Health Worker can provide you more information

## Upcoming appointments

Who

Date / / Time : am/pm

Bring

Who

Date / / Time : am/pm

Bring

Who

Date / / Time : am/pm

Bring

### Disclaimer

The information in this pamphlet is of a general nature only and not intended as medical advice.



Aboriginal Health & Medical Research Council of NSW



# Exercise Physiologist

Resource three of the

Living Longer Stronger Resource Kit

2nd edition

## Who are they?

**An Exercise Physiologist is a health professional who assists people to improve and maintain their fitness and physical health and manage people with various medical conditions and injuries to help restore their health and function.**

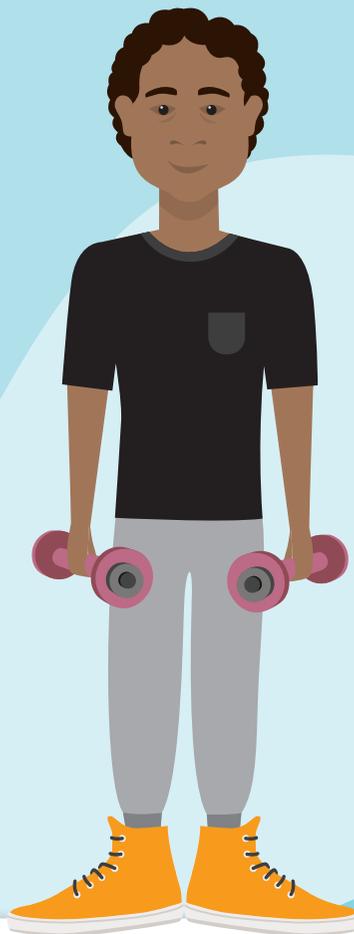
An exercise physiologist can assist with:

- + Increasing endurance
- + Muscle strengthening
- + Flexibility
- + Range of motion
- + Lifestyle modification and exercise advice



## How can I access one?

Exercise Physiologists work in many different health settings including hospitals, community health services and private practices. If you are unsure how to access one, ask your Aboriginal Health Worker or your GP.



## Exercise Physiologist

Provides advice on exercises and plans to improve and maintain fitness and physical health.

## What should I do before the appointment?

Think about your current health and ability to move around and exercise. Make a note of your concerns and think about what you would like to achieve with your Exercise Physiologist.

## How much does it cost?

Costs to see an exercise physiologist may be partially or fully covered by Medicare, however don't hesitate to ask your service provider for more information. Some visits to an exercise physiologist may be covered with a referral from your GP.

## What to expect during the appointment?

- + Your Exercise Physiologist will try to go through your issues in detail and perform an examination. They may ask you to perform some exercises to see what your body is capable of and advise on further exercises to help improve your movements or fitness.
- + Be open and honest about your health conditions, so they can prescribe you the right exercises.
- + You may also require follow-up visits, to monitor your progress and ensure your condition is being managed well.