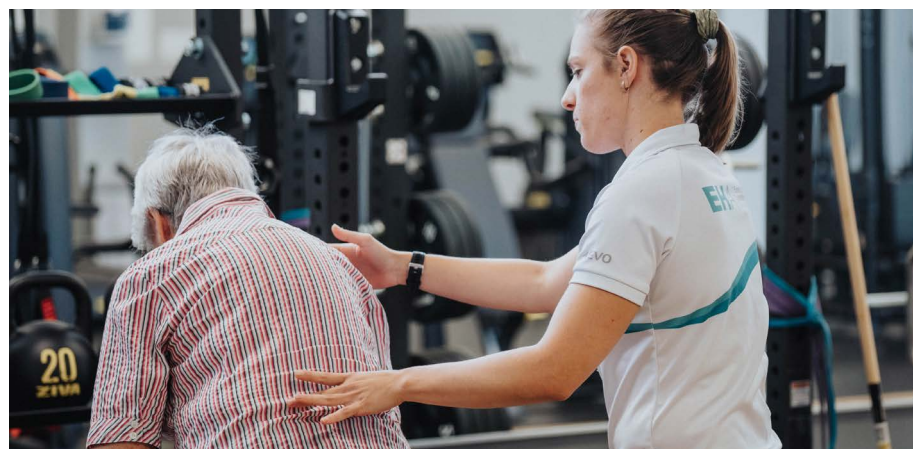
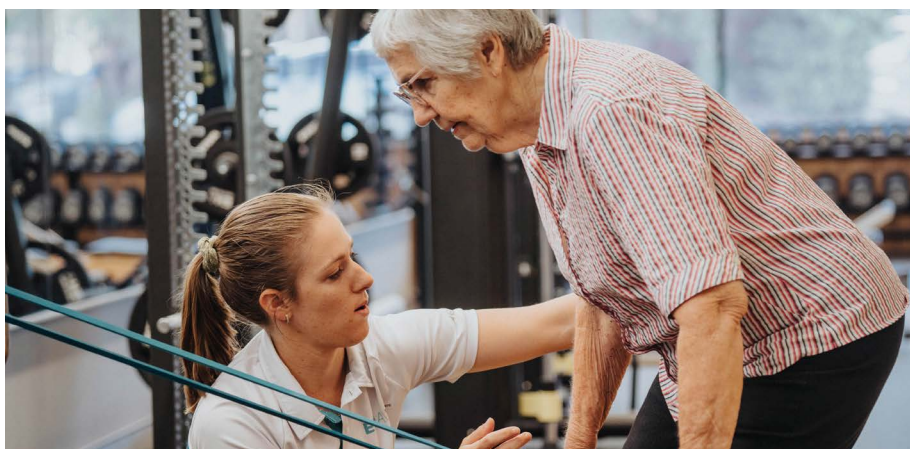


ALL YOU NEED TO KNOW.

Everything and *All You
Need To Know* About
Exercise Physiologists.

WHY DO WE EVEN NEED ANOTHER ALLIED HEALTH PROFESSIONAL?

(Aka Exercise Physiologists)



Less than half of the adult population (aged 18-64) and a quarter of older adults (aged 65 and over) do enough exercise to meet the national physical activity guidelines ⁽¹⁾.

And we know this is not just because people are lazy.

In fact, one of the most common reported reasons as to why people do not meet the current physical activity guidelines was due to 'poor health' or 'injury' ⁽²⁾.

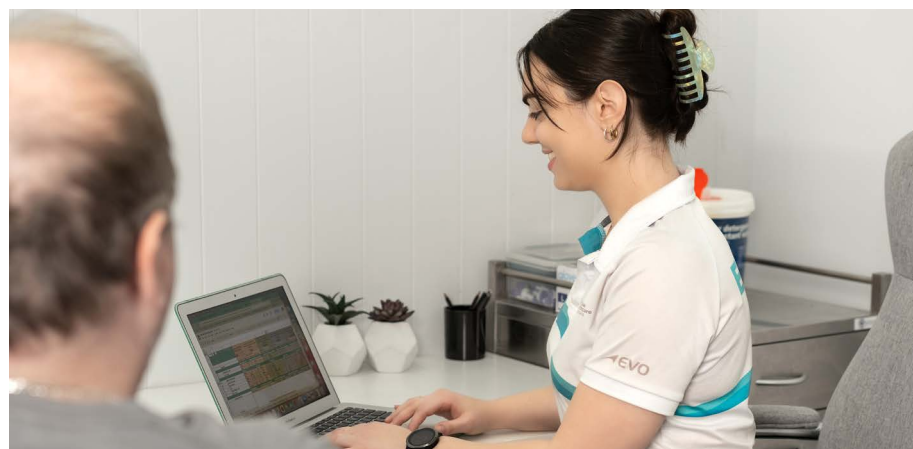
This is understandable as everything is a little bit harder when you are unwell or injured and exercise is no exception. Which begs the question:

Who is trained to make exercise, this vital part of living, a happier and healthier life easier?

Introducing Exercise Physiologists.

HOW CAN AN EXERCISE PHYSIOLOGIST HELP SOMEONE?

With Poor Health or Injury.



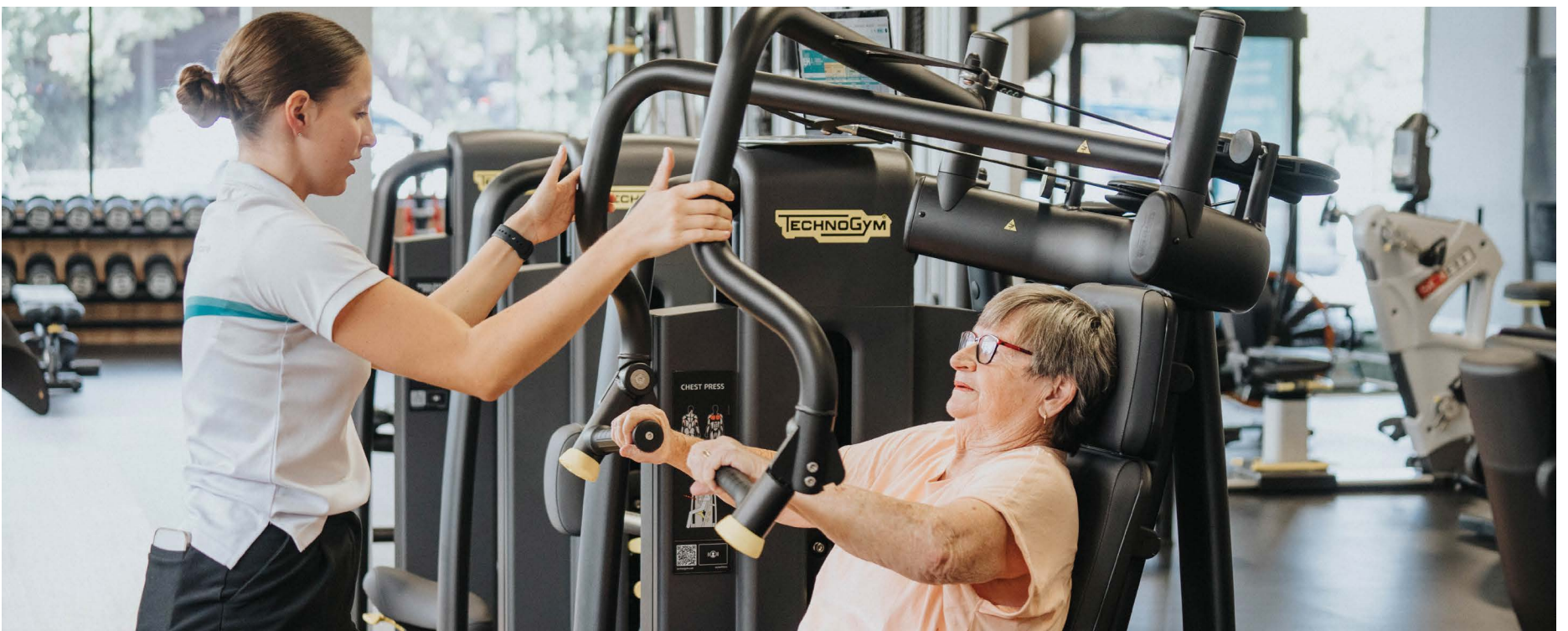
Exercise Physiologists prescribe exercise programs in a similar fashion to how your local doctor or specialist prescribes medication and other medical interventions. They do this in 3 simple steps:

1. They Perform an Assessment:

- An initial assessment with an Exercise Physiologist will include an overview of your medical history, injury history, any medications you take and what your past or current experiences with exercise are or have been. It does not matter if you have never exercised before, have not done it in a long time or tried it before and didn't like it.
- They will assess your current physical presentation, this might include things like your blood pressure, height and weight, your flexibility, strength and your fitness.
- Most importantly though, they find out what it is you want to achieve, what you want to get out of this and what your goals are.

2. They Build a Tailored Exercise & Physical Activity Plan:

- Based on the conversations, the data and most importantly what you want to get out of it, Exercise Physiologists create a custom plan.
- What's the benefit of this? By prescribing a tailored exercise program, including the type of exercise, amount of exercise, how often to exercise and when to exercise, we limit the possibility of nasty side effects (similar to what you would experience if you took the incorrect type or dose of any medication). Side effects of exercise, which you may have experienced before can be things like pain, soreness, over exertion and unnecessary fatigue (the right program should reduce the possibility of this).



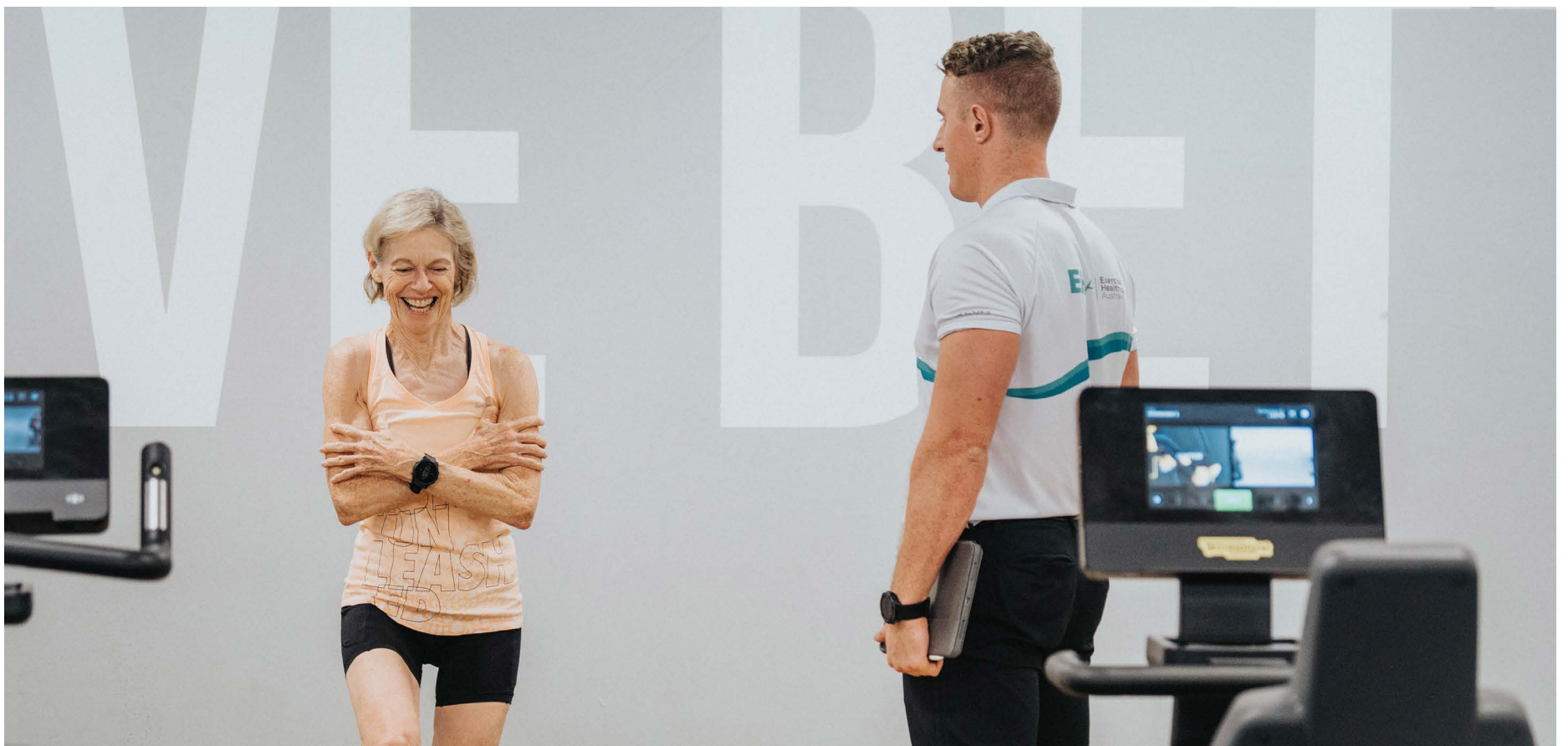
3. They Help You Exercise:

- An Exercise Physiologist will work alongside you, show you how to do each exercise, help you select the appropriate loads, set up the equipment and provide support and coaching to help you feel comfortable with this new endeavor

WHY WE DON'T DIAGNOSE?

And Why We Don't Need To.

As mentioned above Exercise Physiologists work in a 3 step process. First they assess, then they prescribe, then they help you get exercising. Rather than a diagnosis, Exercise Physiologists work off a Hypothesis based on your assessment.



What does this mean? Here's an example:

If you have a sore back and you see a health professional who diagnoses it could look like this:

They will perform some assessments on your back, tell you what they think is going on with your back and then provide the intervention for that diagnosis.

However, if you were to see an Exercise Physiologist they would perform some assessments to work out what you may be missing that they can give you (i.e strength, range of motion, flexibility, balance, etc) and then form a hypothesis. The hypothesis is that if we increase the range/strength or other physical attributes you may have been lacking, then you will regain your function back.

This is particularly important as people are so much more than their diagnosis. In fact, there is now a lot of research that emphasises the importance of looking beyond the diagnosis and looking at the individual behind it in order to truly help people (3,4,5,6,7).

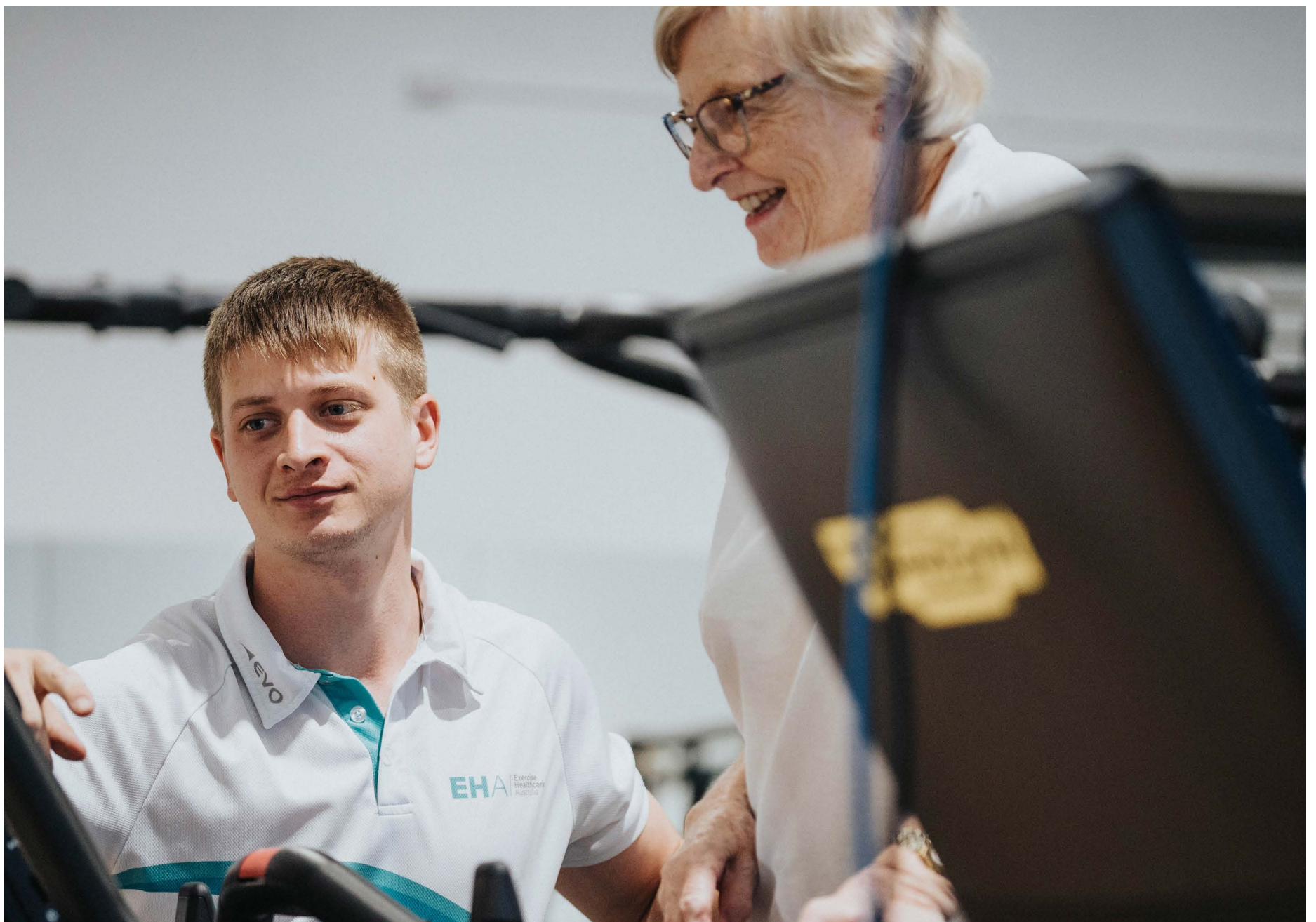


Most often, those that we work with will have already gained a diagnosis. If they have not yet been diagnosed, whilst we will not provide someone with their diagnosis, if someone is showing some signs or symptoms of something more sinister, we are not only able to identify these “red flags” but we can also refer you to the appropriate medical professional.

WHAT DOES AN EXERCISE PHYSIOLOGIST DO?

To Put it Simply.

We help people who have never exercised before, haven't exercised in a long time or stopped exercising due to illness, injury or life getting in the way. Use exercise to live a happier and healthier life, regardless of what's happened in between.



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