

# WHAT TO EXPECT WHEN YOU VISIT AN ACCREDITED EXERCISE PHYSIOLOGIST AT SHELL COVE FAMILY HEALTH

## WHAT IS AN EXERCISE PHYSIOLOGIST?

Accredited exercise physiologists (AEPs) are four-year university-qualified allied health professionals who specialise in clinical exercise interventions for people with existing, or at high-risk of developing, chronic and complex medical conditions and injuries.

## WHAT IS THE AIM OF A SESSION WITH AN AEP?

To assist you in prevention or management of a chronic disease or injury, and assist in improving physical function, health or wellness. The aim is to also help you achieve your health and fitness goals with a tailored individualised exercise plan.

## WHAT CAN AEPs ASSIST YOU WITH?

A discussion of any or all of the following:

- Delivery of exercise programs for the prevention and management of chronic diseases
- Exercise rehabilitation programs for clients with, or at risk of developing, musculoskeletal injuries to improve physical function or mobility
- Assistance with weight loss or weight management
- Exercise targeting increased strength or cardiovascular fitness
- Improving balance and reducing risk of falls
- Improving flexibility
- Enhancing mobility and confidence
- Decreasing muscle and joint pain

## WHAT TO EXPECT DURING A SESSION

A discussion that includes:

- Review of current medical information
- Review of current and/or previous exercise history
- Setting personal health and fitness goals
- Education and advice on physical activity and exercise
- Support around physical activity and behaviour change
- Assessment of current functional capabilities
- Exploring exercise options that are realistic and suited to you
- Provision of an exercise program that is realistic and suited to you

## WHAT DO I NEED TO BRING OR WEAR?

Comfortable clothes and shoes.



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