

WHAT IS AN ACCREDITED EXERCISE PHYSIOLOGIST?

- **Reduce** the amount of **fatal heart attacks** by up to **50%**
- Help you **recover from cancer** treatment **quicker**
- **Improve** the **breathing** of those with **lung disease** by **70%**
- **Reduce** the **risk** of **type 2 diabetes** by almost **60%**
- Help **combat depression** and the effects of medication
- **Improve recovery rate** after surgery
- **Reduce** the **pain** and **increase movement** of those with **osteoarthritis**
- Help **manage** your **chronic pain**

We all know we have to include exercise in our everyday lives, but it is important to **exercise right for who you are**. If you live with any **chronic condition** or **injury** and don't know how to **get started**, contact your local **accredited exercise physiologist**.

ACCREDITED EXERCISE PHYSIOLOGISTS: THE EXPERTS WHO CAN HELP YOU EXERCISE RIGHT

Accredited Exercise Physiologists (AEPs) can help with a range of different conditions and utilise their skills in exercise prescription. Combined with their training in behaviour change they can help you manage your health independently.

Accredited Exercise Physiologists are allied health professionals who work in many settings including hospitals, health services, community health centres and

in private practice. AEPs are recognised by Medicare, Department of Veterans Affairs and other health funds, and prescribe exercise to help people with injuries, persisting pain, chronic disease, depression and weight management.



WHAT MAKES ACCREDITED EXERCISE PHYSIOLOGISTS DIFFERENT TO OTHER EXERCISE PROFESSIONALS?



They are university qualified



They undertake strict accreditation requirements



They are eligible to register with Medicare Australia, the Department of Veterans' Affairs and WorkCover and are recognised by most private health insurers



They can treat and work with all types of people, those who want to improve their health and wellbeing to those unfortunately living with a chronic disease



AEPs have the skills and experience to prescribe exercise for chronic disease and injury

WHY A GP MAY REFER YOU TO AN AEP

- To improve your quality of care
- To improve your quality of life
- To support you to increase your physical activity levels in a safe way

Accredited Exercise Physiologists are differentiated from other allied health professionals or fitness professionals by the possession of extensive knowledge, skills and experience in clinical exercise delivery and health-behaviour change counselling for people with chronic disease or injury.



To find your local AEP visit

www.exerciseright.com.au

