



## WHO ARE WE?

**Accredited Exercise Physiologists** are university qualified allied health professionals who prescribe exercise to help their clients improve their health and wellbeing.

An accredited exercise physiologist will work with you to ensure you have the best quality of life. Accredited exercise physiologists work in a variety of settings including private clinics, community organisations, aged care facilities, hospitals and for government funded service providers.



They design exercise programs to assist people with a variety of conditions, including but not limited to:

- Cerebral palsy
- Acquired brain injury
- Spinal cord injury
- Autism spectrum disorder
- Multiple sclerosis
- Parkinson's disease

## WHAT'S THE COST?

- Exercise physiology services can be accessed using NDIS funding
- If you have a chronic condition you can ask your doctor for a referral to an accredited exercise physiologist as part of a team care arrangement
- Accredited exercise physiologists run group exercise sessions for people with a disability and costs for these are kept affordable
- You can see an accredited exercise physiologist privately to address your individual health needs and you may be eligible for a private health fund rebate

## WHAT WILL I DO?

An exercise physiology consultation might involve:

- Joining a group exercise class with people of similar age and ability and with like-minded goals
- Hydrotherapy classes to manage weight, mobility or arthritis
- Individual exercise assessment and prescription
- In-home assessments and design of an exercise program you can do safely in your own home



# HOW CAN AN ACCREDITED EXERCISE PHYSIOLOGIST HELP ME?

Accredited exercise physiologists see clients individually and conduct a variety of group exercise programs.

## Regular exercise can help you to:

- Improve and maintain your independence
- Increase your strength
- Improve your ability to move
- Improve your balance and gait
- Manage persisting pain
- Increase your general fitness
- Optimise your quality of life

## HOW DO I FIND AN ACCREDITED EXERCISE PHYSIOLOGIST?

Contact the provider below to find out how they can help you to improve your health and wellbeing.

You can also find an accredited exercise physiologist near you by using the ESSA 'Find an AEP' search function on our website.

[WWW.ESSA.ORG.AU](http://WWW.ESSA.ORG.AU)



**ACCREDITED EXERCISE PHYSIOLOGISTS**

**IMPROVING THE HEALTH OF PEOPLE LIVING WITH A DISABILITY ACROSS THE LIFESPAN**

**ESSA**  
EXERCISE & SPORTS SCIENCE AUSTRALIA

