

Exercise@ECU

Free Exercise Clinic

Maximising Physical, Mental and Social Wellbeing



Are you interested in participating in a free exercise program?

- What?** The Free Exercise Clinic is an easily accessible, flexible, safe, and fun way to get moving as you engage with others and focus on improving your physical and mental health.
- When?** Wednesdays and/or Fridays 5.30pm-6.30pm.
- Where?** In-person at the [ECU Health Centre Wanneroo](#) or 'virtually' via an online platform.
- How long?** Enrol anytime in the 13-week program, or attend as many or as few sessions as you like, when you like.
- Instructors?** ECU's third and fourth-year exercise science students supervised by accredited exercise physiologists.

Who can participate? Any adult 18 years and older. No previous workout experience or equipment is required!

You can also decide to be part of an ECU [research project](#) attached to the program, looking at how exercise and mental health go together to improve overall wellbeing.

For more information and to book into the program, contact the team on exercisemotivation@ecu.edu.au