

# Free Individually Supervised Exercise



## ARE YOU LIVING WITH?

- Arthritis, osteoporosis, lower back pain.
- Hypertension, coronary artery disease, peripheral vascular disease, chronic heart failure, myocardial infarction, asthma, chronic obstructive pulmonary disease.
- Obesity, dyslipidaemia, impaired glucose tolerance and diabetes mellitus.
- Depression, anxiety and stress disorder.

Exercise has been shown to improve the health and quality of life of people living with the above conditions.

Working with an Accredited Exercise Physiologist (AEP) professional can help you use 'exercise as medicine'. ECU runs a student clinic for adults who have difficulty with these conditions.

## WHAT WE OFFER

- Health screening and assessment of your exercise and fitness levels.
- Help with your chronic condition.
- Development of self-management exercise strategies for chronic conditions.
- Educational training on healthy living.
- Supervised exercise programs tailored to meet individual needs.

## HELPING STUDENTS' LEARNING

Fourth-year ECU clinical exercise physiologist students' work closely with a qualified AEP clinical educator. Your participation not only benefits you but also contributes to the learning and development of the future health care workforce.



Map courtesy of Joondalup Health Campus

## REFERRAL

Anyone can make a referral – you can phone to make an appointment. A carer or other professional can also refer you for an appointment.

## MORE INFORMATION

Joondalup Community Clinical School  
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