What is Exercise Physiology?

Exercise Physiologists use exercise as a treatment to improve health and wellbeing and specialise in developing personalised exercise programs to prevent and manage chronic conditions or injury.

The Exercise Physiologist will assess your needs and requirements and develop a program in line with your current management or treatment plans from other health professionals, to assist you with reaching your goals as soon as possible.

Benefits of Exercise

- Strengthen muscles and bones
- Develop endurance and physical fitness
- Improve posture
- Improve quality of life
- Increase confidence
- Improve blood pressure control
- Reduce stress
- Positive mood effect
- Improve management of chronic conditions
- Improve sleep quality
- Weight management
- Assist in diabetes management

Services available

- Assessment for readiness to exercise
- Physical activity goal setting
- Individualised exercise programs
- 1:1 sessions of exercise
- Wellness Gym (EP lead gym)
- Review of exercise program
- Health coaching
- Education, advice and support to enhance health and well being
- Exercise prescription at home
- Referral to suitable exercise groups
- MBS Exercise Physiology services

Exercise Physiologists work with people living with a range of medical conditions which may include:

- Cardiovascular disease
- Arthritis
- Diabetes
- COPD
- Osteoporosis
- Chronic Pain
- Depression

Referral: A GP referral is not required to see the Exercise Physiologist, however, to attend the Wellness Gym we request a Medical Clearance from a GP to ensure safety.

All age groups are eligible for Exercise Physiology services.

Wellness Gym

- Exercise that’s right for you -

The Wellness Gym group is lead by an Accredited Exercise Physiologist.

Prior to entering the group, an assessment will be completed. We then develop an exercise program that’s right for you. This program is tailored to suit your condition and current fitness, keeping in mind health goals.

This group aims to enable one to improve function, fitness, health and wellbeing.

Wellness Gym Fees —$45 per month
Tuesday & Thursday
60 minute gym sessions
* Attendance to Wellness Gym max 6 months. Opportunity to Transition to Staywell Gym is available.
How to access a service

If you would like to speak to someone about accessing our services, please phone us on:

Tel  (03) 9890 2220

Our staff will speak with you about your needs and work out how our services can be of help to you or your family.

FEES
We offer private and publicly funded health care options. Our fees are structured on a sliding scale and are designed to support varying incomes and payment options including MBS.

INTERPRETERS
If you need an interpreter, we will provide one for you free of charge.

Carrington Health receives funding from Australian and Victorian Governments

Carrington Health respectfully acknowledges the Wurundjeri People of the Kulin Nation as the traditional custodians of the land on which our work takes place. We pay our respects to their Elders, past, present and future, and commit to improving the health and wellbeing of Aboriginal people in our community.