



## WHO CAN HELP YOU TO EXERCISE RIGHT?

Exercise is important for our health and well-being, but it's also important to get the right guidance – especially if you have health concerns, chronic conditions or are new to physical activity. If you're not sure where to start, chat to your GP or an accredited exercise professional about how to "Exercise Right" for your individual needs.

Your GP might refer you to an Accredited Exercise Physiologist for a lot of different reasons, including to:

- » Improve your mental health
- » Self-management your chronic condition or injury
- » Support you to increase your physical activity levels in a safe way
- » Overcome persisting pain caused by injury or overuse
- » Improve your heart health
- » Rehabilitate following a cardiac event
- » Control your diabetes or pre-diabetes
- » Improve your recovery following cancer treatment
- » Improve your general health and well-being

### **What is an Accredited Exercise Physiologist (AEP)?**

Accredited Exercise Physiologists use exercise as medicine. They specialise in clinical exercise prescription and the delivery of exercise and lifestyle modification programs for people who are at risk of, or living with, chronic disease.

### **What makes an AEP different from other exercise professionals?**

- » They are university qualified.
- » They are subject to 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 well-being to those unfortunately living with a chronic illness.
- » They know how to set goals and maintain motivation – these are two aspects that will most commonly see people fail at exercise.



## How will an AEP help you to Exercise Right?

### HERE'S WHAT YOUR JOURNEY WITH AN ACCREDITED EXERCISE PHYSIOLOGIST MIGHT LOOK LIKE:

#### STEP 1



##### Search for an AEP

If you search 'Accredited Exercise Physiologist' and your suburb you will easily find an AEP near you.

Alternatively you can visit [www.essa.org.au](http://www.essa.org.au) and type in your post code. The website supports many different languages so anyone can use it with ease.

#### STEP 2



##### Make contact

Call or email your friendly AEP and book in an appointment. Allow up to an hour for your initial consultation.

#### STEP 3



##### Initial Consultation

During your first session with an AEP, they will undertake a comprehensive assessment in order to develop an exercise plan based on your unique requirements.

This session will most likely be a fair few questions about your health and history.

A lot of people are concerned about what to wear for this appointment. We always say wear loose comfortable clothing as you may be asked to do a range of movements, it is highly unlikely that you will be doing any actual 'exercising' so no need to pack the lycra!

After this session, an AEP will provide you with a plan of action.

In some situations your AEP may advise a referral to another health or medical professional.

#### STEP 4



##### Implementing Your Plan

The next step is actually undertaking the plan as set out by your AEP. This can sometimes be home based exercises, exercises at the clinic or joining your AEP at a local gym. This is the time you need to have your work out gear on.

#### STEP 5



##### Check-ups and tracking

This is the point where you will have a catch up with your AEP and monitor and check out how you are tracking.

An AEP will always compare your current health status with previously established results. This catch up will determine the next course of action – this could be more sessions with under direct guidance from an AEP or a plan for you to do in your own time.

#### STEP 6

##### Teaching you how to take control of your health

Throughout the entire process, an AEP will work with you to implement a number of strategies to help you manage your health in the future.



To find an accredited exercise professional to help you to Exercise Right visit [www.essa.org.au](http://www.essa.org.au)