

EXERCISE FOR THE PREVENTION, TREATMENT & MANAGEMENT OF CHRONIC CONDITIONS

The message is simple. Exercise is the best, cheapest, and most accessible medicine available, and in order to improve chronic disease mortality rates, people need to move more.

We are partnering with Exercise is Medicine® Australia to help make sure your patients are moving enough and understand how to “Exercise Right” for their individual needs. We encourage all doctors to include a physical activity or exercise assessment as part of their interaction with every patient on each visit.

With 50% of Australians having at least 1 of 8 common chronic conditions (cancer, cardiovascular disease, mental health, arthritis, back pain, lung disease, asthma, diabetes), and 23% having at least 2 or more, \$467 million is spent on health every year – that’s \$19 per person, per day.

Exercise assists with the prevention of risk factors for chronic disease, with 32% of Australia’s total disease burden attributed to modifiable risk factors. Physical activity also increases general well-being and can prevent or reduce the impact of mental health conditions.

We aim to provide you with the tools to assess your patient’s current physical activity or exercise levels, educate them on the role that exercise has in the prevention and treatment of chronic conditions, and about the referral processes available in Australia.



FACT SHEETS

Exercise is Medicine® Australia has developed a number of factsheets to help educate you on the role of exercise in the treatment of chronic conditions or disorders.

[Acquired brain injury](#)

[Alzheimer's Disease](#)

[Arthritis](#)

[Asthma](#)

[Breast Cancer](#)

[Cancer](#)

[Chronic Heart Failure](#)

[Chronic Obstructive Pulmonary Disease \(COPD\)](#)

[Chronic pain](#)

[Colon cancer](#)

[Coronary heart disease](#)

[Depression](#)

[Diabetes type 1](#)

[Diabetes type 2](#)

[Dyslipidaemia](#)

[Falls prevention](#)

[Gynaecological cancer](#)

[HIV](#)

[Hypertension](#)

[Kidney disease](#)

[Lower back pain – Managing a first or acute episode](#)

[Metabolic syndrome](#)

[Multiple sclerosis](#)

[Osteoporosis](#)

[Parkinson's disease](#)

[Postnatal rehabilitation](#)

[Pregnancy](#)

[Prostate cancer](#)

[Solid organ transplantation](#)

[Spinal cord injury](#)

[Stroke](#)

FURTHER EDUCATION

Exercise is Medicine® Australia offers a range of further education in the form of both online training and workshops which are accredited by the RACGP, APNA and ACRRM. For more information, [click here](#).