



# Exercise Physiology

We all know that regular physical activity is essential for health and wellness, but exercise can also help manage symptoms and improve your health. Exercise physiology helps you to stay well and independent through exercise and increased physical activity.

## How can exercise physiology help me?

Exercise physiology can help you maintain movement and mobility, and may support you with:

- Reablement and physical restoration
- Posture and muscle control
- Strength and endurance
- Flexibility and range of motion
- Arthritis and osteoporosis
- Musculoskeletal functions
- Mood management
- Improve health and fitness.

## What services does VMCH offer?

We offer group-based and individual exercise programs to suit your needs. Prior to joining one of our exercise groups, we'll conduct an initial assessment to outline your goals and current abilities, then collaborate with our exercise physiologist to determine the service most appropriate for you.



## Group-based programs

If you are looking to maintain and improve your mobility, build strength and endurance, connect with like-minded individuals, develop social connections, and have fun – our group programs are for you! These classes run Monday to Friday and include ongoing reviews and assessments.

To learn more about our different exercise groups, please refer to the group timetable.

## Individual programs

We also offer one-on-one exercise programs aligned to your health goals. After your initial assessment, our exercise physiologist will design a 12-week exercise program just for you, ensuring correct technique, modifications and ongoing monitoring tailored to your goals.

## Why choose VMCH?

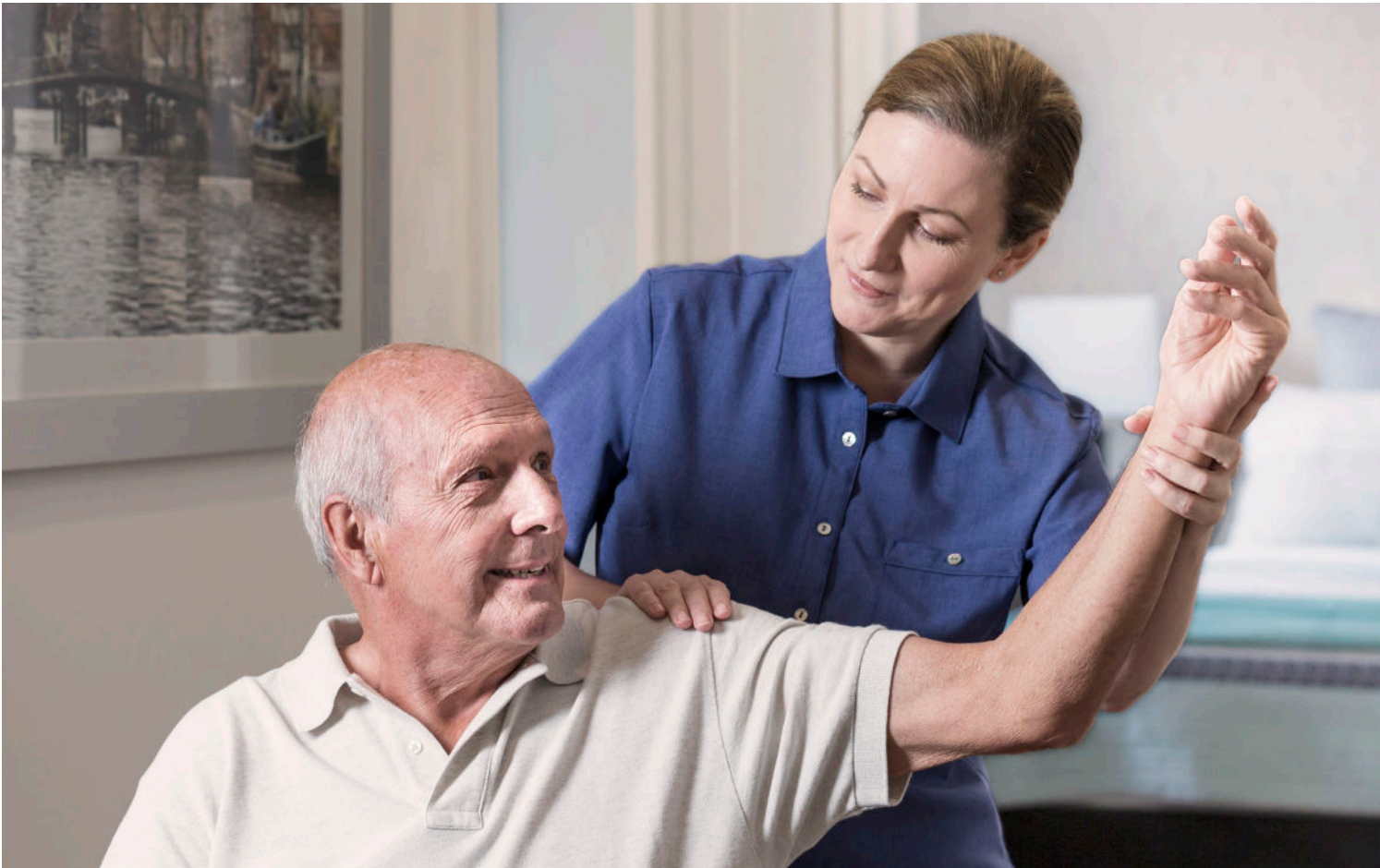
We offer an entry level service to help consumers with chronic conditions return to their baseline level of physical mobility or achieve functional gain with a wellness and reablement approach.

All our exercise physiologists are qualified and have many years experience working with the older community.

## What does it cost?

Our services are subsidised by the Commonwealth Home Support Programme (CHSP). If you have been assessed by My Aged Care and have an allied health exercise physiology referral code, you can access services from as little as \$7 per session. Please note; for other government funded programs, eligibility criteria and additional costs apply.

To find out more, please contact our friendly team on **1300 698 624**, or send an email to [hello@vmch.com.au](mailto:hello@vmch.com.au).



1300 698 624 | [hello@vmch.com.au](mailto:hello@vmch.com.au)  
[vmch.com.au](http://vmch.com.au)

**VMCH**