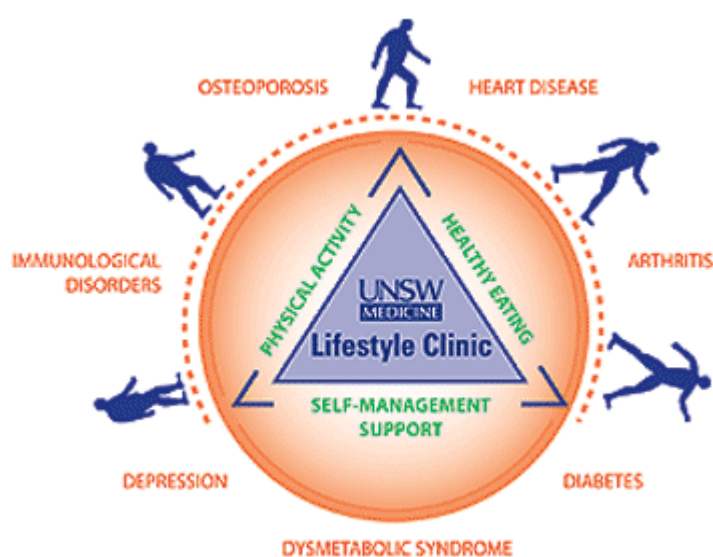


Self-management for *Exercise & Lifestyle Factors*

The **Lifestyle Clinic** specialises in physical activity and lifestyle programs and services for the prevention and management of chronic disease, injury and disability. Located within the **Faculty of Medicine**, University of NSW, the clinic is staffed by accredited Exercise Physiologists (EPs) with extensive experience in exercise therapy and physical rehabilitation. EPs deliver quality evidence-based programs applying exercise therapy and exercise rehabilitation techniques.

Our exercise and lifestyle consultations are aimed at improving the quality of life for people with chronic disease and complex illness, with an emphasis on **home-based exercise**. Conclusive evidence shows that **exercise works like medication** and can be used to assist in the management of the following conditions:

- diabetes & pre-diabetes
- heart disease
- depression
- hypertension
- high cholesterol
- obesity & syndrome X
- osteoarthritis
- osteoporosis
- chronic fatigue
- polycystic ovarian syndrome (PCOS)



Supporting the client to better manage themselves is critical to ensure that their physical activity and lifestyle changes are sustainable long-term. Our consultations are based on the principles of self-management, incorporating motivational interviewing, working in collaboration with the client to design the optimal program, and developing self-efficacy through progressive overload and specific goal-setting.



Clients may require between 2 to 5 exercise and lifestyle consultations depending on their current physical activity levels and functional capacity. For clients who are sedentary, an effective treatment model may require up to 5 consultations provided over a 12 week period. This ensures that activity levels are progressively increased and physical status is improved optimally. Additionally, clients will acquire the necessary self-management skills for long-term changes in their lifestyle. Clients may attend the clinic for a follow-up consultation every 3 to 6 months thereafter.

Consultation Fees:

	Initial Consultation	Subsequent Consultations
Standard	\$80.00	\$55.00
Aged and Disability Pensioners	\$45.85	\$45.85

Medicare rebates are available for patients referred under an **Enhanced Primary Care Plan** by their GP.

Bulk-Billing available for Aged and Disability Pensioners referred by their GP under an Enhanced Primary Care Plan.

Rebates also available from selected Private Health Funds

LOCATION

Room 214, Wallace Wurth Building (Faculty of Medicine)
Corner of High Street and Botany Street, RANDWICK
University of NSW

CONTACT US

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