



Your Referral **Exercise Physiology**

The Benefits of Exercise

We can all benefit from being active, and it's the job of an exercise physiologist to help you get active in the way that's right for you.

Our university-educated exercise physiologists are continually undergoing further training to ensure we are the experts in exercise for all health conditions such as heart disease, mental health, diabetes, arthritis, cancer, osteoporosis and emphysema, just to name a few.

We believe you are ultimately the expert in you, so during the consultation you will sit down with your EP and write a plan for your exercise together.

The Health & Hearts Story

Health and Hearts exercise physiology clinic was established in Mackay in 2007 and is now also home to Mackay's only over 40's gym.

Our friendly exercise physiologist's Heather McFarlane, Sara Vanden-Bergh and Jacqui Zelenka are passionate about using exercise to improve the health of our patients and our community.

What will be Involved in an Exercise Physiology Session?

- Comprehensive history of health, injuries and medical conditions
- Assessment and analysis of physical abilities, strength, flexibility, balance, lung function, cardiovascular fitness, body composition
- Identify and discuss current and possible barriers to exercise
- Exercise prescription according to recommendations specific to health concerns, personal interests, physical ability and goals
- Exercise programmes for at home, gym, pool
- Advice on safe exercise progression and self-management
- Motivation and support for future success