

AUGUST NEWS AT



Well the EKKA month is upon us!

Welcome to August at Coordinated Fitness.

We have a few little changes this month at CF. Alex has joined the team and is getting to know you all. Will has moved to Bundaberg and we wish him all the best with his next adventure.

Claire is living the dream on holidays in Europe and the rest of the the team is here to help you all reach your health goals.

This month we are going to talk about what and Exercise Physiologist is and how we help. Even though alot of you already know there sometimes is confusion about our study and role in the allied health professional world.

We will also be discussing our upcoming Parkinson's program and much more. Thanks to everyone who continues to support Coordinated Fitness and our Exercise Physiologists.

Have a great August!

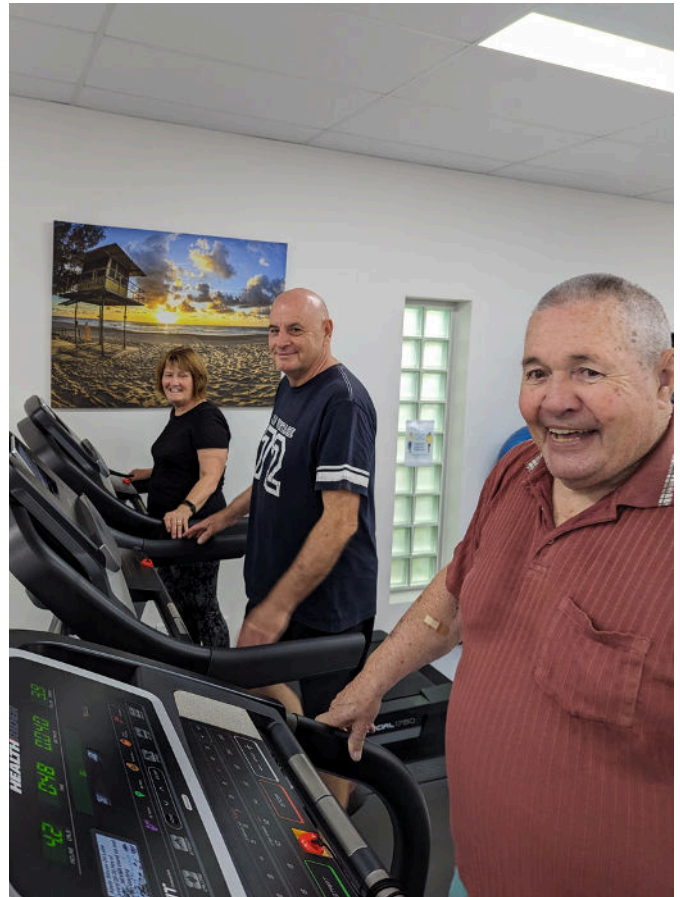
What is an Exercise Physiologist?

WITH TANYA

Exercise Physiologists are known in the allied health professional world as AEP's or Accredited Exercise Physiologists. AEP's are university qualified allied health professionals who have studied full time for 4 years.

We are equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries and/or disabilities.

As an AEP we work in with your General Practitioner (GP) and other allied health professionals to build out the best exercise intervention program to meet your needs.



What do we learn about at University?

- ✔ Anatomy and Physiology
- ✔ Exercise Physiology
- ✔ Biomechanics of movement
- ✔ Chronic Health conditions
- ✔ Injury prevention & Rehabilitation
- ✔ Behavioural science
- ✔ Health and Fitness Testing
- ✔ Exercise Prescription
- ✔ Medication exercise effects
- ✔ Research and statistics
- ✔ Nutrition
- ✔ And so much more...

What is an Exercise Physiologist's role within the health system?

Exercise Physiologists use Evidence-Based Practice where we apply the latest research findings to clinical practice, ensuring that exercise interventions are based on the best available evidence. With this understanding of the research and best practice we work within many fields in the health system.

We work within hospitals for:

- Cardiac testing & rehabilitation
- Pulmonary rehabilitation
- Diabetes management
- Physical rehabilitation
- Neurological rehabilitation

We work within Medical Centres assisting people with chronic health conditions and injury rehabilitation

We work with research to determine the best practice for exercise prescription for management of health conditions

We also work within private practice and that is where you see us at Coordinated Fitness. We implement the research so you get the best health outcomes. The research shows that exercise is one of the best medicines you can use. It is also acknowledged that if Exercise was a pill it would be the most prescribed medicine as there are so many benefits. It is our role to assist you to experience those benefits as an Accredited Exercise Physiologist.



ESSA or Exercise & Sports Science Australia are who we are accredited with as Allied Health Professionals. Every year we must reach a high standard of on going education to remain accredited. This is a strict process and ESSA oversee that we meet all of the criteria to remain an Accredited Exercise Physiologist.

Lucy is starting a Parkinson's Disease (PD) program in October 2024



Exercise Physiologists - Living Through Movement

EXERCISE FOR PARKINSON'S DISEASE

At Coordinated Fitness, we aim to improve your quality of life and empower you to make long lasting lifestyle change. Our Parkinson's program is an 8-week program consisting of both group exercise and education sessions. This program is designed to give you the tools you need to make exercise part of your daily routine.

Regular exercise has been proven to help manage Parkinson's disease symptoms through a process known as neuroplasticity. Neuroplasticity is essentially the brain rewiring itself through the growth and adaptation of neural connections.

Our 8-week program:

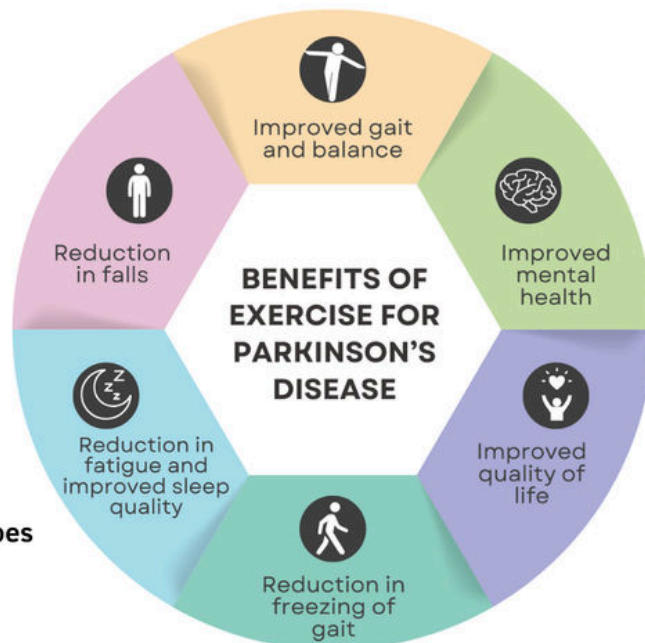
- An initial 1 on 1 session
- Weekly 1 hour group exercise physiology sessions
- Education sessions
- Home exercise programming
- A post assessment

Contact Us

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info@coordinatedfitness.com

Shop 2, 601 Logan Road Greenslopes



Please note if you are not a current CF member you will need to complete a 1 hr assessment before commencing the program

Using your EPC sessions

If you have a care plan with sessions from your GP please look to use them now. Often people forget about their sessions and then try and use them all before 31st of Dec and we can't fit all your sessions in. These sessions are great to use for your program reviews throughout the year. Have a chat to Kerri about your referral.

EPC SESSIONS

Remember to use your EPC sessions in a calendar year. Don't leave it until the end of the year. Use them now for a program review and testing to see how you are going with your exercise program.

EKKA Show Day Closure

Just remember we are closed for the EKKA show day on Wednesday 14th Aug 24. We look forward to seeing you after the day off.

Enjoy the SHOW!

CLOSED FOR
EKKA
Wednesday 14th
August 2024

Welcome Alex

Alex is our newest CF member and we know you are going to really like her.

Alex graduated last year from the University of Queensland.

She enjoys prescribing exercise and assisting people living with chronic health conditions. She will also be assisting in the Coordinated Kidz clinic. When you see her around remember to say hi.



***Remember if you can't attend your session one week it is best to do a make up session in the same week.
Consistency = Progress***

Have a Great August Everyone!