

OCTOBER NEWS AT



Welcome to October at Coordinated Fitness!

We have a lot happening in October and we would love for you to be involved. October is Breast Cancer Awareness month. On set days throughout October we will be wearing pink and we would love for you to get involved. The dates will be:

Friday 4th October 2024

Tuesday 8th October 2024

Wednesday 16th October 2024

Saturday 19th October 2024

Thursday 24th October 2024

Monday 28th October 2024

For every person who wears pink on our set days Coordinated Fitness will donate \$1 person to the National Breast Cancer Foundation. So please get involved.

A little reminder if you don't receive a text message for your session please give us a call to ensure you are booked in. A lot of our groups are full and we need to ensure everyone is booked in. If you show up and are not booked in we cannot guarantee your spot for that session.

We have also commenced a Wednesday group session at 11am and from Thursday 10th of October we will have a 12noon session.

We hope you all have a great October! Remember to wear PINK!

What is the difference between an Exercise Physiologist and Physiotherapist?

WITH TANYA

We are often asked about the difference between Exercise Physiologists (EPs) and Physiotherapists. Both are allied health professionals, and we frequently collaborate to achieve the best outcomes for patients.

Exercise Physiologists specialise in understanding how the body responds to physical activity and exercise. We design and implement personalised exercise programs to improve fitness, enhance performance, and manage chronic conditions such as heart disease, diabetes, arthritis and obesity. We also work with individuals who have musculoskeletal injuries to strengthen their bodies and reduce the risk of re-injury. Additionally, we support people living with disabilities by building their exercise tolerance, helping them engage more fully in the community. If we suspect an undiagnosed injury or condition, we collaborate with your doctor to ensure an accurate diagnosis. Our approach uses exercise, stretching techniques, and equipment to enhance health, improve postural stability, and reduce the risk of injury.

Physiotherapists, on the other hand, use a combination of manual therapy, exercises, and other therapeutic techniques to restore mobility, reduce pain, and build strength. While they can diagnose physical conditions, they often work alongside doctors to confirm diagnoses. Physiotherapists typically focus on helping patients recover from musculoskeletal injuries, surgeries, neurological disorders, or chronic conditions such as arthritis. Although exercise may be part of their treatment, their primary focus is on rehabilitation, pain management, manual therapy, and restoring functional movement.

We often collaborate with Physiotherapists, particularly when a patient has had an acute injury. Once the Physiotherapist has helped the patient recover to a certain point, we step in to guide more intense exercise that can further aid their progress. If you have a Physiotherapist you work with, please let us know as we are happy to collaborate with them to ensure the best outcomes for you.

Women's Health

Mikaela has been completing extra training in Women's health. Below is the flyer of where she can assist women further through exercise. If you have a women's health issue please remember to book in with Mikaela.



Exercise Physiologists - Living Through Movement

EXERCISE FOR WOMEN'S HEALTH



Specific exercise and movement strategies can help with managing a wide range of different health conditions that significantly affect women. Our exercise physiologists can help you!

WE CAN ASSIST YOU WITH:

- Endometriosis & adenomyosis
- Pelvic floor tightness or weakness
- Polycystic ovarian syndrome (PCOS)
- Menopause
- Breast, uterine and ovarian cancers
- Pelvic floor prolapse
- Chronic fatigue and pain conditions
- Osteoporosis and osteopenia
- Hypothalamic amenorrhea or RED-S
- During pregnancy and postpartum
- Incontinence

If you are affected by any of these conditions, and are looking for where to go next with navigating your health and wellbeing, we have specialist Exercise Physiologists ready to listen and help you on your journey.

Type II Diabetes Group Update!

There are only 12 weeks left to use your Medicare Type II Diabetes group sessions. Please don't leave using them until December. We cannot guarantee there will be spots for people wanting to complete 2 sessions per week. If you want to use your sessions please call Kerri on 0417 765 818.

MEDICARE DIABETES SESSIONS

Remember to use your Type II diabetes sessions in the calendar year. You will have 8 group sessions and there are only 12 weeks of sessions remaining for the year.

King's birthday closure

Please remember we are closed for the King's Birthday Monday public holiday on the 7th of October. All sessions will recommence Tuesday 8th October 2024.

WE WILL BE
CLOSED

MONDAY 7TH OCTOBER

Kings Birthday



Coordinated Kidz has moved!

3/601 Logan Rd. Greenslopes Q 4120

Coordinated Kidz has moved into the back space at Coordinated Fitness. We are very excited about this move and bringing all of our clinics under the one roof. It also allows our active teens to have access to the gym equipment which will be a great help in building their strength, fitness and coordination.

We help kids and teenagers with:

Cerebral Palsy
Autism Spectrum Disorder (ASD)
Sensory Processing Disorders
Global Development Delay (GDD)
Hypermobility and Connective Tissue Disorders
Attention Deficit Hyperactivity Disorder
Down Syndrome
Developmental Coordination Disorder
Respiratory and Cardiovascular conditions
Movement and strength difficulties

If you have a child or grandchild who needs a little extra help please have a chat as I'm sure we can assist them

Have a Great October Everyone!