

I want to speak to an Exercise Physiologist



Who is an Exercise Physiologist?

Accredited Exercise Physiologists (AEPs) AEPs are university qualified allied health professionals 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 or disabilities. Pathology domains covered by the services of AEPs include cardiovascular, metabolic, neurological, musculoskeletal, cancers, kidney, respiratory / pulmonary and mental health, and any other conditions for which there is evidence that exercise can improve the client's clinical status.

What do they do?

- Prescribe exercise to increase fitness, manage health issues, and assist with rehabilitation
- Provide advice in terms of Health Promotion
- Provide Corporate health, industrial/mining, workplace wellbeing & employment screening
- Develop Education, policy and program planning in workplaces, schools and government
- Injury Management
- Onsite services
- Health Surveillance
- Executive Health Assessments
- Health Education

If you would like to speak to or secure an early appointment with an Exercise Physiologist, please contact Working Life Toll Free 1300 369 072 or mail@working-life.net

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