

# Exercise Physiology

STAY FIT & RETAIN INDEPENDENCE

BASScare's Accredited Exercise Physiologists (AEPs) strive to build physical function through the prescription of exercise. They deliver a person-centred approach to helping individuals improve their health and wellbeing and can address a variety of clinical and sub-clinical conditions.



**BodyHealth**  
by **BASScare**

BOROONDARA AGED SERVICES SOCIETY

An Accredited Exercise Physiologist can help you:

- prolong and maintain independence
- optimise your brain health
- improve balance and coordination
- increase mobility
- build function post-illness, injury or operation.

## Available Services

- Personalised one-on-one Exercise Physiology services
- Large and small group fitness classes
- Falls Risk Assessments and Falls Prevention Program
- Home-based Exercise Physiology services

## What to expect

At your first appointment you'll undergo an initial assessment which will examine any relevant medical history and look at how your body is moving.

We will come up with a plan together, with review appointments, home programs, or group classes to provide a combination of support for your movement and health goals.

*\*All participants are required to obtain a medical certificate and undergo a screening consultation with the Exercise Physiologist before being prescribed exercise.*



**BodyHealth**  
by **BASScare**

*An approved and accredited Aged Care and NDIS provider*

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