



# NDIS Services – Exercise Physiology

## What is Exercise Physiology?

Disability affects 4.3 million people in Australia, approximately one in five Australians, of which 78.5% report some form of physical disability, and 21.5% reporting a mental health or behavioural condition. People with a disability have been shown to experience poorer physical health compared to those without a disability. Research has shown that Australians with a disability are nearly twice as likely to be obese than those without a disability, directly as a result of functional limitations, and will therefore have a higher prevalence of various types of long-term health conditions. Additionally, people with a disability can experience significant barriers to participation in exercise due to a lack of inclusion, negative societal attitudes and the lack of local services. As a result, people with a disability are more likely to have 3 or more long-term health conditions compared to those without a disability.

Altius' Exercise Physiologists aim to enhance your functional capacity and empower you to independently manage your overall health and wellbeing through the provision of individualised exercise programs, and education on the benefits of exercise as well as beneficial lifestyle choices.

## How will an Exercise Physiology program help me?

Exercise Physiology can benefit you in many ways including maximising your overall health and fitness, supporting any weight loss goals, improving your mood, reducing your risk of chronic disease, enhancing your memory, improving your posture, increasing your energy and confidence, and improving your mental health and your physical strength!



## What does an Exercise Physiology program involve?

At Altius, our Exercise Physiologists will carry out a health and well-being assessment to develop an exercise program tailored to your specific functional capacities and activity preferences. Both this assessment and the exercise program can be provided either face to face or via telehealth as you prefer. The program will be designed to focus on your life goals, maximising your function and capacity, promote your independence and facilitate your community engagement, and can be provided at home, in the community utilising land-based exercise, hydrotherapy or both.

Altius Exercise Physiology incorporates an assessment of a participant's health and lifestyle, exploration of a participant's current functional capacity, review of current physical activity and diet, all leading to the establishment of short, medium and long-term goals. A tailored program of education and training is then created by our experts focusing on six key elements of a healthy lifestyle:

- ✓ The benefits of consistent exercise
- ✓ Good sleep hygiene
- ✓ Improved mental health
- ✓ Incidental exercise
- ✓ Community and social engagement
- ✓ Healthy mind, body and spirit

Our program includes the provision of SMART apps and resources to support ongoing health and well-being once the program is finished, empowering your independence and ensuring all the lessons learned during the program can be re-enforced as you continue to progress toward your goals.

We ensure you can engage with your community and build on natural and informal supports such as friendships and community groups. We work with you on goal setting to assist you, your families and your carers to consider possibilities, such as how you would like your future life to be, employing evidence-based practice to meet your needs and outcomes. We believe in services that are flexible and responsive to you - we ensure we listen to, and hear, your wishes and desires, and assist you to meet life's challenges with dignity and integrity.

