



CLUB ACTIVE®  
Change the way you age

## TO HELP ME REACH DESIRED HEALTH OUTCOMES MY EXERCISE PHYSIOLOGIST TAKES INTO CONSIDERATION:



Physical capacity



Physical strength level



Mental wellbeing



My current emotions



Support network



Motivation level



Age & Gender



My goals



My routine & schedule



Cardiovascular  
capacity



Prescribed medication



Exercise considerations



Communication &  
comprehension

### WHAT IS AN EXERCISE PHYSIOLOGIST?

Accredited exercise physiologists are university-qualified allied health professionals who specialise in the delivery of safe and effective exercise interventions for people with acute and chronic medical conditions, injuries, or disabilities. Club Active exercise physiologists are experienced with a variety of conditions, utilising the benefits of exercise to improve daily living. Exercise is the cheapest and most effective medicine available. **Book in with a Club Active allied health professional now and #ChangeTheWayYouAge.**