



CLUB ACTIVE[®]
Change the way you age



OSTEOARTHRITIS MEDICAL FITNESS PROGRAM

An evidence-based 6-week tailored program facilitated by Club Active Accredited Exercise Physiologists and Dietitians, designed for those preparing for, recovering from, or aiming to avoid joint replacement surgery. This program aims to reduce pain, improve mobility and function, and aid pre/post-rehabilitation from hip/knee surgery.

Program Inclusions:

- FREE over 50s Health Club membership for 6 weeks*
- Unlimited access to Fifty 50 Group Fitness Classes
- 5 one-on-one Exercise Physiology consultations
- 2 one-on-one Dietitian consultations
- Metabolic Scan to measure Bone Mass
- Progressive exercise program tailored to symptoms and presentation
- Personalised nutrition advice
- Correspondence with medical professionals and multidisciplinary support as needed

*Terms and conditions apply. Costs payable for the allied health consultations only. Healthcare rebates are applicable for eligible people. See booking details on reverse.

1300 258 250
clubactive.com.au

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IS THIS PROGRAM RIGHT FOR ME?

If you have a current diagnosis of Osteoarthritis, struggle with pain and/or reduced mobility, or if you are in pre/post rehabilitation from hip/knee surgery; this program is suitable for you. Our allied health team aims to improve and/or better manage your existing condition with safe and appropriate exercise and diet advice to ensure you feel confident to Change The Way You Age.

HOW TO BOOK

Contact our friendly Club team to learn more or scan the below QR code to enquire online now.



clubactive.com.au



HEALTH CARE REBATES AVAILABLE

- For eligible participants, a portion of appointment costs can be bulk-billed through Medicare via EPC referral from your GP (up to 5 allied health appointments per calendar year).
- Healthcare rebates are also available via Private Health Funds for those with suitable coverage.



8 Clinic Locations:

Burleigh, Bundall, Parkwood, Carindale (QLD)

Tweed, Castle Hill, Dee Why, Murwillumbah (NSW)