



CLUB ACTIVE®
Change the way you age



PULMONARY MEDICAL FITNESS PROGRAM

An evidence-based 6-week tailored program facilitated by Club Active Accredited Exercise Physiologists and Dietitians. This program aims to assist those suffering from pulmonary conditions, including long-covid, COPD and PAD, to improve overall respiratory function.

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 Blood Pressure and Heart Rate
- 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

PULMONARY MEDICAL FITNESS PROGRAM

IS THIS PROGRAM RIGHT FOR ME?

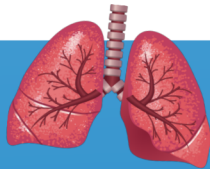
If your daily activities are impacted by your quality of breath, and/or you have a current diagnosis of COPD, PAD or other lung-related condition; this program is suitable for you. Our allied health team aims to provide you with an understanding of your exercise tolerance to better manage your existing 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.

medicare

ndis

HICAPS

WorkCover
QUEENSLAND

NSW

WorkCover

Australian Government
Department of Health

8 Clinic Locations:

Burleigh, Bundall, Parkwood, Carindale (QLD)

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