



CLUB ACTIVE[®]
Change the way you age



BARIATRIC SURGERY MEDICAL FITNESS PROGRAM

An evidence-based 6-week tailored program facilitated by Club Active Accredited Exercise Physiologists and Dietitians. This program aims to support both pre and post-bariatric surgical intervention, whilst helping you to improve weight management and maintain daily 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

BARIATRIC SURGERY MEDICAL FITNESS PROGRAM

IS THIS PROGRAM RIGHT FOR ME?

If you are in pre/post rehabilitation from Bariatric surgery; this program is suitable for you. Research shows maintaining and building muscle mass is important for metabolic health as it helps burn energy whilst at rest. Based on this, our allied health team aims to work with you to improve your muscle mass and physical fitness with safe and appropriate exercises, in conjunction with diet advice, to ensure you feel confident to regain control of your metabolic health and 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)