



CLUB ACTIVE<sup>®</sup>  
Change the way you age



# CANCER MEDICAL FITNESS PROGRAM

An evidence-based 6-week tailored program facilitated by Club Active Accredited Exercise Physiologists and Dietitians. This program aims to help those living with or recovering from cancer; to assist with the management of symptoms/treatment side effects and to get you back into exercise safely.

#### 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

# CANCER MEDICAL FITNESS PROGRAM

## IS THIS PROGRAM RIGHT FOR ME?

If you are currently undergoing treatment for cancer, or experiencing remission; this program is suitable for you. Exercise plays an important role in reducing the severity of treatment-related side effects, whilst assisting you to maintain function during and after treatment. Based on this, our allied health team aims to work with you to better manage your existing condition with safe and appropriate exercises, in conjunction with diet advice, to aid overall survival and improve your quality of life.

## HOW TO BOOK

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



[clubactive.com.au](https://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)