



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



## PRE/POST JOINT REPLACEMENT MEDICAL FITNESS PROGRAM

An evidence-based 6-week tailored program facilitated by Club Active Accredited Exercise Physiologists and Dietitians, designed to assist those with hip/knee joint discomfort. This program aims to improve joint strength and mobility, reduce pain and help with pre/post-rehabilitation from joint replacement 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

# PRE/POST JOINT REPLACEMENT MEDICAL FITNESS PROGRAM

## IS THIS PROGRAM RIGHT FOR ME?

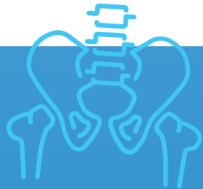
If you suffer from hip/knee discomfort, reduced mobility and aim to avoid surgery; or you are in pre/post rehabilitation for hip/knee surgery; this program is suitable for you. Our allied health team aims to improve and/or better manage your current joint discomfort with safe and appropriate exercise 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](http://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)