



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



# LOWER BACK PAIN 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 with lower back pain and discomfort by improving strength and mobility.

## 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

# LOWER BACK PAIN MEDICAL FITNESS PROGRAM

## IS THIS PROGRAM RIGHT FOR ME?

This program is suitable for anyone suffering with lower back pain. Building lower back strength not only improves your muscle mass making it easier for you to move with ease, it also plays a major role in your longevity. Based on this, our allied health team aims to improve your strength, mobility and pain management with safe and appropriate exercise and diet advice, so you can continue to complete daily activities and maintain 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)