MULTIPLE SCLEROSIS MEDICAL FITNESS PROGRAM

An evidence-based 6-week tailored program facilitated by Accredited Exercise Physiologists and Dietitians. This program is designed to help those suffering from active or nonactive Multiple Sclerosis with the aim to slow the progression of the disease and maintain/improve quality of life.

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 & 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

MULTIPLE SCLEROSIS MEDICAL FITNESS PROGRAM

IS THIS PROGRAM RIGHT FOR ME?

If you have a diagnosis of Multiple Sclerosis or have experienced a single episode and are at risk of relapse, this program is suitable for you. This program is designed to help build strength, improve mobility and help reduce pain, fatigue and spasticity so you can maintain your quality of life. Our allied health team will help you achieve this with safe and appropriate exercise and diet advice to give you the confidence 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)