



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



# PARKINSON'S DISEASE MEDICAL FITNESS PROGRAM

An evidence-based 6-week tailored program facilitated by Accredited Exercise Physiologists and Dietitians, designed to improve daily functioning. This program aims to assist those with a Parkinson's diagnosis from Stages 1 to 4 on the Hoehn and Yahr scale.

## 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

# PARKINSON'S DISEASE MEDICAL FITNESS PROGRAM

## IS THIS PROGRAM RIGHT FOR ME?

If you have a diagnosis of Parkinson's Disease between Stages 1 to 4, this program is suitable for you. This program is designed to improve postural instability, build strength, improve balance, and to help reduce the onset of further autonomic dysfunction; with the aim of maintaining 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](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)