STROKE
MEDICAL FITNESS PROGRAM

An evidence-based 6-week tailored program facilitated by Accredited Exercise Physiologists and Dietitians. This program aims to assist those who have suffered a stroke or those who are at risk of a cerebrovascular accident by improving overall strength and cardiovascular health.

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 & 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

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IS THIS PROGRAM RIGHT FOR ME?

If you have suffered a stroke, and/or have existing stroke risk factors, and have medical clearance to exercise, this program is suitable for you. Our allied health team aims to improve your strength and cardiovascular health with safe and appropriate exercise and diet advice. The goal of this program is to ensure you are able to complete your daily activities, maintain your quality of life and reduce the likelihood of a secondary event.

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)