



What is Exercise Physiology?

Exercise Physiology utilizes evidence based research to treat a range of conditions and injuries.

What happens in a session?

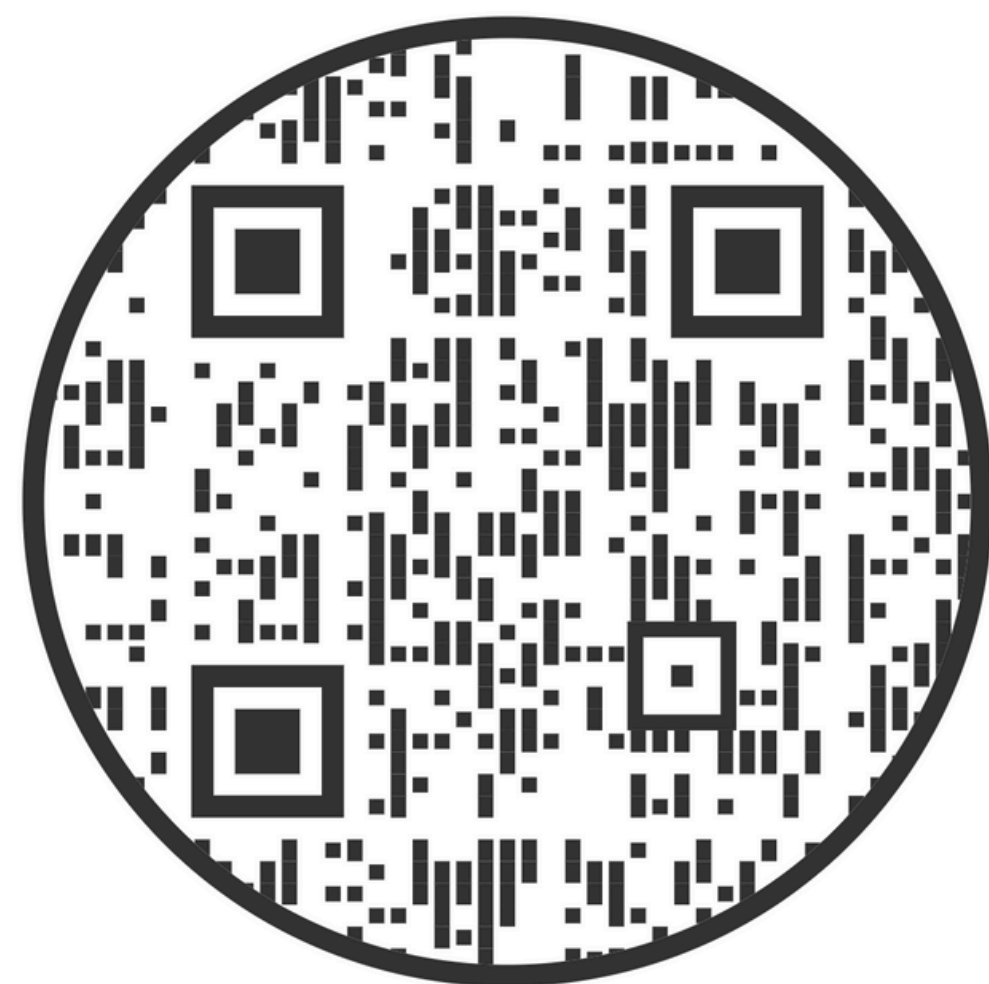
1. We would first complete an assessment obtaining subjective and objective information
2. Following that we would develop and implement an individualised program specific to your needs
3. Finally we would educate and progressively overload your prescription to ensure best practice and treatment possible for you to help you manage your condition/injury

What Conditions Would Benefit from Exercise Physiology?

- Lower back pain
- Joint or Soft Tissue Injuries (acute or chronic)
- Osteoarthritis
- Osteoporosis
- Hypertension & Hypercholesterolemia
- Anxiety and Depression
- Chronic Pain
- Obesity
- Stroke
- Multiple Sclerosis
- More!

**You DO NOT need a referral to book in.
However if you have any of the above conditions you MAY be eligible for 4 FREE sessions through medicare**

You don't need to be a member of the gym to see us! So tell your friends and family!



How to Book:

To contact Joshua and book directly
0416 072 507

How to get a referral from your GP for 4 free sessions:

**ONLY IF YOU MEET MEDICARE CRITERIA OF HAVING A CHRONIC CONDITION:
A GP CONSULTATION WILL ADVISE IF YOU MEET THIS**

1. Ask for an Enhanced Primary Care (EPC) plan for Exercise Physiology
2. With Andrea Maxey or Josh Green (doesn't matter whose name you put down)
3. Business: The Movement Exercise Physiology at Affordable Fitness Balmain
4. Located: At Affordable Fitness Balmain (372 Darling Street, Balmain NSW 2041).

Please note the first session we require you complete an extended consultation to obtain subjective and objective information and thus a gap would be charged only for this session

If you have Private Health Insurance, you might be covered too!

