

Live Stronger, Live Longer: #11 WOMEN'S HEALTH

BURDEN OF DISEASE:



Only **21%** of females meet the physical activity guidelines - only **59%** complete sufficient moderate and vigorous physical activity per week, and only **25%** complete adequate strength training.



Overweight (including obesity) is the 2nd leading **preventable** cause of ill health and premature mortality for females. **2 in 3** females have a waist circumference associated with a substantially increased risk of metabolic complications.



A large proportion of females suffer from chronic health conditions (such as arthritis, back problems, COPD, diabetes, vascular disease, poor mental health, osteoporosis). **31%** females >15 years old have 1 chronic condition, **14%** have 2 and **11%** have 3 or more.

WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, metabolic, cancer, mental health conditions and healthy ageing. With over 40+ years of collective experience, we aim to get our clients moving better and feeling better throughout their lifespan.

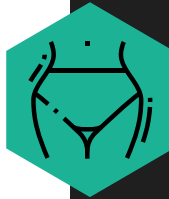
REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

PELVIC HEALTH

Pelvic floor issues, such as prolapse and urinary incontinence, can be a major barrier to being physically active in females. EP's use exercise to increase pelvic floor and core strength, which helps to improve confidence and enables return to high impact exercise. Furthermore, exercise can improve pelvic conditions - tailored exercise programs have been shown to reduce pain, decrease central sensitisation and enable regular exercise participation in patients with endometriosis.



PREGNANCY

EP's are experts in creating safe exercise programs tailored to the different stages of pregnancy. Exercise is essential to maintain physical and pelvic floor health; and needs to account for the various physiological changes that occur during and post pregnancy. Whether a natural or caesarian birth, EPs can help mothers safely return back to the activities they enjoy, and cope with the physical loads of looking after a baby.



MENOPAUSE

The drop in oestrogen that occurs in menopause can be detrimental to women's health - leading to a loss in muscle mass, bone mineral density, poorer metabolic profiles and changes in body composition. Exercise is essential to minimise these changes, and needs to be more targeted than for the general population. Appropriate stimulus is necessary for bone loading and muscle mass retention.



Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.