

Live Stronger, Live Longer: Mental Health

BURDEN OF DISEASE:



Approximately 44% of Australians (aged 16-85) will experience a mental health condition in their lifetime. Since the COVID-19 pandemic rates of depression and anxiety disorders have risen by 25% respectively.



Financial expenditure due to the treatment of mental illness is estimated to be \$15.2 billion per year in Australia alone. An extra \$70 billion dollars is lost in productivity and quality of life in Australia per year. These figures have risen 15-20% since the COVID-19 pandemic, an alarming trend.



Mental and physical health are deeply interconnected, with conditions like depression and anxiety often coexisting with physical co-morbidities such as heart disease and diabetes because of shared biological mechanisms.

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 60+ 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

BENEFITS OF EXERCISE?

Regular exercise reduces symptoms of depression, anxiety, and stress, enhancing mood through endorphin release and improved brain function. It lowers inflammation, and balances stress hormones tackling shared biological roots of mental and physical health disorders. Emerging evidence shows exercise amplifies the effectiveness of many prescribed medications by enhancing neurotransmitter activity and drug absorption, often allowing lower doses and reducing side effects.



WHY SEE AN EP?

EPs are experts in creating safe exercise programs & environments tailored to the patient and both their physical and mental presentations. Exercise interventions take into account physical and motivational barriers and can reduce depressive/anxiety symptoms, improve functional capacity, and enhance medication adherence through structured support, while controlling cardiometabolic risks from psychotropic medications.



WHAT CONDITIONS?

EP services benefit patients with depression, anxiety, PTSD, or schizophrenia by counteracting sedentary behaviours and neurochemical imbalances that exacerbate mental health symptoms. Even high-risk groups—youth, older adults, or culturally diverse populations—achieve safer, sustainable health gains via EPs' evidence-based, individualised plans, accessible under Medicare's Chronic Disease Management items.



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.