

# EXERCISE PHYSIOLOGY SERVICES AT CABRINI



Exercise physiologists are universally qualified allied health professionals equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions.

There is strong evidence to support the health benefits of regular exercise (150 mins per week of moderate intensity cardiovascular exercise and 2-3 sessions per week of muscle strengthening exercises). If you need support and guidance to achieve these recommendations, we are here to help you by delivering an individualised exercise program to address your particular health concern.

## Conditions include (but not limited to):

- Cancer
- Cardiovascular
- Respiratory/pulmonary
- Heart failure
- Diabetes
- Metabolic (including kidney disease)
- Neurological conditions
- Musculoskeletal conditions
- Osteoporosis and arthritis (OA/RA)

## What the service includes:

- Initial assessment with an exercise physiologist
- Review with an exercise physiologist (as required/ specified)
- One-to-one exercise program
- Group sessions run by an exercise physiologist where eligible (Malvern campus)
- Assistance with home exercise program
- Assistance with transition to gym/ community recreation programs

## For more information about the program:

Talk to your health professional or call **(03) 9508 1700/1400** or email **[access@cabrini.com.au](mailto:access@cabrini.com.au)**  
[www.cabrini.com.au/alliedhealth](http://www.cabrini.com.au/alliedhealth)

There are costs associated with this program. Rebates may be available through private health insurance, or ask your GP about a chronic disease management plan.



**Cabrini Cancer Exercise and Wellness Centre**  
Ground floor,  
183 Wattletree Rd, Malvern

**Cabrini Allied Health Centre**  
Level 1,  
183 Wattletree Rd, Malvern

**Cabrini Elsternwick**  
494 Glen Huntly Rd,  
Elsternwick

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