



Exercise physiology

Improve your health and wellbeing

An exercise physiologist (also known as an EP) specialises in providing exercise 'prescription' and tailored movement-related fitness programs with expert advice on the delivery of exercise as well as lifestyle modification programs.

An exercise physiologist can help you with

- improved muscle mass and strength
- improved lung capacity and function
- improved heart health
- weight management
- rehabilitation after injury or surgery
- increased energy levels and motivation
- health education and support
- fatigue
- injury prevention
- Autism/ADHD, and more.

Clinical exercise prescription to manage or prevent chronic conditions such as

- heart disease
- high blood pressure
- high cholesterol
- type 2 diabetes
- obesity
- depression
- stress/anxiety
- arthritis
- osteoporosis
- cancer
- menopause.

Phone 1800 188 295
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Other things exercise can help with:

- Improve sleep quality
- Reduce stress levels
- Manage weight and improve confidence
- Decrease blood pressure, cholesterol and chance of a heart attack

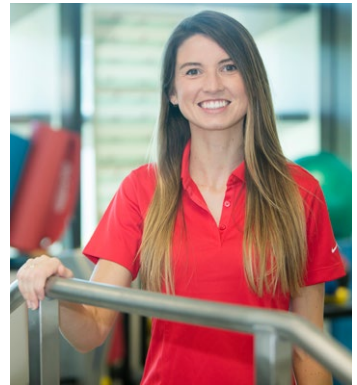
Fees

Type	Initial	Standard
Standard	\$80	\$70
Concession card holder	\$70	\$60
Chronic disease management (Medicare rebatable)	\$70	\$70

Concession rates apply for Griffith staff and students. Group based exercise sessions are also available – please contact reception for more information.

Location

Allied Health Clinic, Level 4, Griffith Health Centre (G40) Griffith University, Gold Coast campus, Southport



Erin Barrett

Erin Barrett is a highly qualified exercise physiologist who specialises in exercise intervention and evidence-based exercise prescription. Erin enjoys helping people to initiate and achieve personal health goals and find physical activities and exercise options that are enjoyable and sustainable for each individual.

To find out more or to **book an appointment**, please call 1800 188 295 or email e.barrett@griffith.edu.au

If you have a chronic disease you may be eligible for Medicare rebates under the Medicare Chronic Disease Management Plan.

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Griffith Health Clinics - Exercise Physiology