

# Vario Health Clinic

EXERCISE MEDICINE  
RESEARCH INSTITUTE



## Location

ECU Joondalup, Building 21  
270 Joondalup Dr, Joondalup WA 6027

## Contact

PH: 08 6304 3444  
E: [variohealthclinic@ecu.edu.au](mailto:variohealthclinic@ecu.edu.au)  
[www.exercisemedicine.org.au](http://www.exercisemedicine.org.au)





# VARIO HEALTH CLINIC

## Who we are

Situated within the renowned Exercise Medicine Research Institute (EMRI) at Edith Cowan University, Vario Health Clinic stands at the forefront of pioneering knowledge, research and clinical practice. The clinic's most significant distinction lies in its integration within EMRI which conducts ground-breaking research exploring the transformative potential of exercise as a form of medicine. Vario represents the seamless integration of research and practical application in the field of exercise medicine. Our services have not only improved clinical management but have also provided Western Australian patients with access to state-of-the-art technology & highly experienced practitioners.

## What we do

The clinic offers a range of exercise options including private consultations or joining specialised and supervised group classes or programs which are most suitable for your circumstances and conditions. All services are delivered by highly qualified and accredited Allied Health professionals and can also be accessed via telehealth.

- **EXERCISE PHYSIOLOGY**
- **DIETETICS**
- **PHYSIOTHERAPY**





## HOW TO ACCESS OUR SERVICE

### Book your appointment

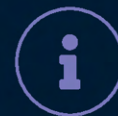
Contact the Vario Health Clinic scheduling team to book an initial consultation with a practitioner.

### Get a referral

Make an appointment with your GP to see if you qualify for a Chronic Disease Management (CDM) plan. If you do not have a CDM plan, you can still access our services as a private patient.

### Fees and Charges

Medicare rebates may apply with a referral as part of a CDM plan. Private health insurance may apply depending on individual cover.



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### Client Testimonial

Anne Elam, Vario Health Clinic client - since 2019.

'I feel energised by just walking in the door. I also feel supported, safe, observed and coached by well qualified, competent professionals. The friendliness of both staff and clients is so important to my continued attendance. I believe Vario is a lighthouse in the allied health sector, providing best practice, achieving positive outcomes, providing a safe and energising place for those who need exercise and a valuable asset to our community.'



# EXERCISE PROGRAMS

- **EMFL: Exercise Medicine for Life**

Supervised group exercise program to improve health and well-being for a range of chronic conditions.

- **Wellness**

High care supervised exercise group for people who require more additional support, including diabetes and cardiac/pulmonary rehabilitation.

- **DVA: Department of Veterans' Affairs Exercise**

Exercise for Veterans with a chronic condition or significant illness/injury.

- **Prostate Cancer Group Exercise**

Specialised progressive education and exercise program for those affected by prostate cancer.

- **Life Now**

12-week exercise program for those with a cancer diagnosis.

- **MoveKids**

Exercise for kids/teens who have challenges with social and physical development.

- **Breast Cancer Care**

Online 6-week exercise program for those with a breast cancer diagnosis.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	EMFL				EMFL
7:00am	EMFL	EMFL	EMFL	EMFL	EMFL
8:00am	EMFL	EMFL	EMFL	EMFL	EMFL
9:00am	DVA	EMFL	EMFL	DVA	EMFL
10:00am	DVA	Wellness	DVA	DVA	Wellness
11:00am	DVA	EMFL	Wellness	DVA	EMFL
12:00pm	EMFL	Wellness	EMFL	Wellness	Wellness
1:30pm	LIFE NOW	EMFL	EMFL	EMFL	LIFE NOW
2:30pm	EMFL	DVA	Wellness	EMFL	DVA
3:30pm	Prostate	EMFL		Prostate	EMFL
4:00pm		MOVEKIDS			



## MEET OUR TEAM



**EMMA WILSON**  
ACCREDITED EXERCISE  
PHYSIOLOGIST - CLINIC



**ADAM KOPP**  
ACCREDITED EXERCISE  
PHYSIOLOGIST - CLINIC



**KATE MANGANO**  
ACCREDITED EXERCISE  
PHYSIOLOGIST - CLINIC



**ROSS ANESTOUDIS**  
ACCREDITED EXERCISE  
PHYSIOLOGIST - CLINIC



**SAM ADAMS**  
ACCREDITED EXERCISE  
PHYSIOLOGIST- RESEARCH



**CLAIRE MASON**  
ACCREDITED EXERCISE  
PHYSIOLOGIST - RESEARCH



**LYDIA YAP**  
ACCREDITED EXERCISE  
PHYSIOLOGIST- RESEARCH



**NATHALIE LONG**  
ACCREDITED EXERCISE  
PHYSIOLOGIST- RESEARCH



**CAILYN WALKER**  
RESEARCH CO-ORDINATOR



**DR ANALISE NICHOLL**  
ACCREDITED DIETITIAN



**KRUNALI PATEL**  
PHYSIOTHERAPIST





## **WE ARE NOW SEEKING PEOPLE TO PARTICIPATE IN OUR RESEARCH EXERCISE PROGRAMS FOR THE MANAGEMENT OF CANCER**

The Exercise Medicine Research Institute has improved clinical management of patients with cancer through world leading research studies & exercise programs.

Please contact us if you have any of the following:

- Prostate cancer (undergoing, previously had, or about to commence hormone therapy)
- Pancreatic cancer
- Endometrial cancer
- Breast cancer (undergoing chemotherapy)

Exercise training sites are located at:  
ECU Joondalup, ECU Mount Lawley, Fiona Stanley  
Hospital, West Coast Health Lathlain or via Telehealth.



### **Contact**

PH: 6304 3444

E: [trials@exercisemedicine.org.au](mailto:trials@exercisemedicine.org.au)

For more information please  
visit [exercisemedicine.org.au](http://exercisemedicine.org.au)







## Research Participant Testimonials

‘The research experience gave me confidence and control over aspects of my life. I was able to return to productive work faster. I felt that I was a contributor to the cancer journey rather than a victim. LM”

‘I highly recommend research trials run by ECU. The program improved my fitness and allowed me to share my journey with others in the same boat. The exercise physiologists are professional and help with self-confidence. PB”

“If you qualify, get into the program, it will change your life. PB”



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# PROSTATE CANCER EXERCISE PROGRAM

## Translation of Research → Vario Health Clinic

With over 30 years of research in this field, each class is facilitated by an Accredited Exercise Physiologist and tailored for those affected by prostate cancer. Participants will receive a personalised program, in a safe and supportive group environment. Enjoy socialising with other prostate cancer clients. Partners welcome.

Benefits of exercise is known to:

- reduce treatment related side effects and symptoms
- improve immune and physical functions
- improve psychological well-being and quality of life
- reduce the risk of developing other chronic diseases



### Client Testimonial

Lance Martin, 2021

"The experience gave me confidence and control over aspects of my life. I was able to return to productive work faster. I felt that I was a contributor to the cancer journey, rather than a victim"



### When

Monday & Thursday  
3:30pm-4:30pm

### Location

ECU Joondalup, Building 21  
270 Joondalup Dr, Joondalup WA 6027

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## CARDIAC REHABILITATION

Cardiac rehabilitation is a progressive, supervised exercise program aimed at enhancing the wellness and quality of life for individuals with heart conditions, as well as aiding recovery post-heart attack or heart surgery.

Our program involves a thorough health and fitness evaluation followed by a tailored exercise regime to suit your diagnosis. All exercise sessions are supervised by Accredited Exercise Physiologists.

We collaborate with your Cardiac care team to enhance various aspects of your cardiac health including;

- optimising oxygen utilisation
- boosting exercise endurance and capacity
- enhancing the efficiency of your cardiac function
- addressing risk factors linked to cardiovascular disease
- offering educational support to promote consistent physical activity and effective exercise



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# Department of Veterans Affairs Exercise Program

## Exercise for veterans with a chronic disease or major illness/injury

Vario Health Clinic offers private consulting, assessment, and health programs for individuals and groups. Specialist consultations are available from a range of highly qualified and Accredited Exercise Physiologists.



### How To Get Started?

1. Request a 'D904 Referral Form' for Exercise Physiology at Vario Health Clinic from your doctor.
2. Book an appointment by calling 6304 3444 and speaking to one of our friendly team members.
3. Start your program alongside your fellow Veterans.



#### FULLY FUNDED PROGRAMS

Entitled DVA Gold and White Cards  
Are Fully Funded Upon a GP Referral



#### CHRONIC HEALTH MANAGEMENT

Manage Chronic Pain, Arthritis,  
Mental Health, Cancer and More



#### INJURY RECOVERY & REHAB

Build Strength, Decrease Pain,  
Increase Function and More



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## DVA Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
9am			9am	
10am		10am	10am	
11am			11am	
	2:30pm			2:30pm

*"I have been exercising  
at Vario since 2013  
and enjoy the camaraderie  
of my fellow Veterans"*

---

**Kevin Ryan**  
**100 year old**  
**World War Veteran**







**Vario Health Clinic is here to support you in achieving optimal outcomes for physical activity, whilst enhancing your well being.**

## Physiotherapy

If you are dealing with a chronic condition or have sustained an acute injury, our physiotherapist can diagnose and treat your pain and movement challenges. Treatments are designed to help you:

- **Repair damage**
- **Reduce stiffness**
- **Increase mobility**
- **Develop strategies for preventing future injuries**

## Krunali Patel

Krunali holds a Bachelors Degree in Physiotherapy and a Masters in Exercise Rehabilitation. She also completed a fellowship program in traumatic injuries rehabilitation, cardio-pulmonary physiotherapy in emergency departments, ICU and post surgical orthopaedic units.

Krunali is experienced in musculoskeletal condition treatments ranging from cervicogenic headaches, lower back pain, frozen shoulder, muscle tears, ligament injuries and knee pain. She is skilled in manual therapy with additional certified training in dry needling, taping and neural release techniques.



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# Dietitian Services

## Dr Analise Nicholl

Dr Analise helps clients explore how their diet and health are related. She works with a range of metabolic conditions that can affect heart, liver, bone health, blood sugar balance, kidney health and gut health - including how food intolerances can affect the gut-brain axis.

Dr Analise's qualifications include both an undergraduate and a postgraduate degree in Chemistry, and a master's degree in Nutrition & Dietetics. Her PhD explored the health implications of reducing dairy fat intake in young children.

Dr Analise has a passion for sharing recipes, new cuisines and places to eat, she looks forward to discussing many new exciting options with you.

## How to access our service

### Book your appointment

Contact the Vario Health Clinic to book an appointment. Appointments are available Wednesday & Fridays.

### Get a referral

Make an appointment with your GP to request a Chronic Disease Management (CDM) plan. If you do not have a CDM plan, you can still access our services as a private patient.

### Fees and Charges

Medicare rebates may apply with a referral as part of a CDM plan. Private health insurance may apply depending on individual cover.



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# MOVE KIDS

## For Boys & Girls 4-12 Years Old

Fun, movement and strength based program that aims to improve children's movement skills and self-confidence to ensure every child has the opportunity to participate in physical activity, exercise and sport.

Move-Kids includes targeted activities, as well as expert instruction and feedback in a fun and inclusive environment suitable for children who have challenges participating in physical activity including children with motor learning and developmental conditions (Dyspraxia, Cerebral Palsy, Autism, Down's Syndrome and ADHD).

The program is designed and supervised by Accredited Exercise Physiologists and our Exercise & Sports Science practicum students help deliver the program.

**Bookings are essential**

**PH: 08 63043444**

**E: [variohealthclinic@ecu.edu.au](mailto:variohealthclinic@ecu.edu.au)**



### When

Tuesdays from 4:00pm – 5:00pm

Term 3: 23/07 – 27/08

Term 4: 8/10 – 12/11

### Location

Children's Physical Activity Hub, ECU Gym  
270 Joondalup Dr, Joondalup WA 6027

### Cost

\$120 for 6weeks

For more information please  
visit [exercisemedicine.org.au](http://exercisemedicine.org.au)







# Telehealth Services

## Virtual care for your health

Telehealth is a simple and effective way for people to connect virtually from anywhere with our allied health professionals to ensure continued care towards their health. Our online consultations will deliver the same professional level of care as our in-clinic services. Clients will consult and exercise directly with our expert practitioners just as if they were in a face-to-face setting.

**You can access appointments via a smartphone, laptop, or tablet from the comfort of your own home without the need for travelling.**

## How to access our service

### Get a referral

Make an appointment with your GP to request a Chronic Disease Management (CDM) plan. If you do not have a CDM plan, you can still access our services as a private patient.

### Book your appointment

Contact the Vario Health Clinic to book an appointment. Appointments are available Mon – Fri at ECU Joondalup.

### Join your appointment

At the time of your appointment, click the link to join the session. You can access your appointment on any smart device with a forward-facing camera (e.g., smartphone, laptop or tablet). Internet connection is required.



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EMRI\_ECU



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