



What is Exercise Physiology

Exercise physiology is how the body responds to exercise and physical activity and how this impacts health, disease progression and recovery. An Accredited Exercise Physiologist is a university-qualified Allied Health professional with expertise in the prescription of exercise to manage and treat health conditions. They provide support and exercise programs to help manage chronic and complex health conditions, recover from injury, improve overall health and enhance performance.

Manage Chronic Conditions

Exercise is a powerful tool in managing a range of conditions including but not limited to Diabetes, Obesity, High Blood Pressure, Heart Disease, Asthma, Osteoarthritis and Osteoporosis. Exercise Physiology facilitates safe exercise while optimising your health and well-being. If you are living with Cancer, exercise supports you from diagnosis through treatment and beyond, providing adaptable exercise prescription tailored your needs.



Injury Recovery & Prevention

Recover from injury more effectively with targeted exercise using evidence-based techniques to assist healing and prevent future injuries.

Improves Mental Health

Regular exercise can reduce stress, anxiety, and depression, helping you boost your mood, improve sleep, and increase overall mental wellness.

Benefits

Exercise Physiologists create tailored exercise programs specific to health goals and exercise experience. Programs deliver improved strength, endurance, flexibility, balance and overall physical function.





Exercise Physiology at Vario Health Clinic

Situated within the renowned Exercise Medicine Research Institute at Edith Cowan University, Vario Health Clinic stands at the forefront of pioneering knowledge, world class research and clinical practice.

The clinic's most significant distinction lies in its integration within the Institute which conducts ground-breaking research exploring the transformational potential of exercise as a form of medicine.

Our Accredited Exercise Physiologists

- Specialise in chronic disease management, injury rehabilitation and exercise oncology services
- Tailor effective, results driven exercise programs and treatment plans based on individual client assessment, history and goals
- Review and progress your plan to provide long term results
- Empower your independence, personal well-being, vitality and quality of life

We provide:

- Safe and reliable client centered care
- Flexible programs (individual and groups)
- Expert guidance from industry leading practitioners



Location

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