

Accredited Exercise Physiologists—How can they help me manage Metabolic Syndrome?

Accredited Exercise Physiologists (AEPs) are University trained, allied health professionals who specialise in evidence-based, personalised exercise programs with the overall goal of preventing or managing chronic illness or injury and assisting in achieving your optimal functional capacity, health and wellness. The programs are practical, personalised and mostly home-based and have a strong focus on successfully changing lifestyle behaviours.

Metabolic Syndrome is a group of related metabolic abnormalities and risk factors that increase your risk of Type 2 Diabetes and Heart Disease. The main factors of the syndrome are some or all of the following—excess belly fat, poor insulin usage in the body, high blood glucose, high blood lipids (cholesterol), high blood pressure.

Happily, this syndrome can usually be reversed through lifestyle changes—namely weight loss and better eating habits and increased physical activity.

An AEP can help by providing motivation and by designing a program of exercise or physical activity, with you, that is both appropriate and effective, without being scary or impossible to achieve or maintain. The program will take into account your capacity to exercise and any health issues you may have aside of your Metabolic Syndrome concerns.

You don't need to do it alone. Let us help you succeed.

What Does an AEP Session Include?

Typical sessions include:

- an initial assessment to determine your health status, and physical activity history;
- education about how exercise therapy can help to treat or improve your condition and improve your quality of life;
- discussion on your exercise and health goals and developing strategies together to achieve these;
- development of an exercise program - clinical or home-based, individual or group;
- instruction on how to do the exercises, including demonstration and coaching to achieve good technique;
- written reports back to your GP or Specialist detailing your exercise plan and progress; and/or
- ongoing review to track your progress and identify the need to change your program as it occurs.

What Should I Wear/Bring?

You should wear clothes that are comfortable to move around in. An AEP session will include some amount of physical activity, so comfortable clothes and shoes (such as joggers) are ideal.

Please bring along a list of your current medications to your first session and ensure that you bring with you any medications that you may require during the session—such as medication for help with breathing or angina.

To Book an Appointment
Contact Marlene Directly -



The Active Effect
Clinical Exercise Physiology

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Exercise Physiology.

**Exercise Therapy for Practical
Metabolic Syndrome Control**



*For exercise that is practical and
personalised ... and not at all scary*

*Do you need some help with
making lifestyle changes
to assist you in reversing
Metabolic Syndrome and
improving your wellbeing?*

ESSA:
EXERCISE & SPORTS SCIENCE AUSTRALIA
ACCREDITED EXERCISE PHYSIOLOGIST