

How Do I Join In?

All you need to do is let the team at the Hospital Pulmonary Rehabilitation unit know and they will send along a referral to us and then Marlene will contact you directly.

From there Marlene will organise for you to come in a little earlier on your first day to talk to you and show you how everything works and then you will move forward with your program.



The Active Effect
Clinical Exercise Physiology



The Active Effect

*Clinical Exercise
Physiology*

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Active Airways

*(Post Pulmonary
Rehabilitation)*



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So, you have completed a Pulmonary Rehabilitation Program at the Launceston General Hospital and are wondering where you go from here to continue to manage your chronic lung condition. The Active Effect at Seaport Allied Health can provide you with a supervised exercise solution through our Active Airways Program.

Where:

When:

Time:

Cost:

Our Program

Our program is run on a small group format at Seaport Allied Health in the clinical gym which is upstairs from the Seaport Practice. We are located at the Marina end of the building that also houses the Fish & Chips Shop.

Your progress will be supervised by an Accredited Exercise Physiologist and because we are a teaching practice, we will also regularly have students assisting who are training to be Allied Health Professionals.

Programs for each participant will be individually designed to meet both your goals and capacity. All the familiar exercises from the Hospital

program will be available plus a variety of other activities to engage and challenge you into the future.

What to Bring

Please wear loose, comfortable clothes and shoes that you can walk and exercise in.

Also 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 to help with breathing or for angina.