

Accredited Exercise Physiologists—How can they help with Weight Management?

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.

There comes a point where body weight has increased to such a degree that the normal activities of daily living become difficult to achieve, let alone exercising. People who are very overweight often struggle with aching joints, particularly knees, ankles, feet and hips and many of these same people find that they become very breathless when they try to move around.

We all know the theory about how exercising can help speed along weight loss and improve general health, but aches and pains and struggling to breathe do not help with self-motivation.

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 weight 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 -



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Exercise Physiology.

**Exercise Therapy for Practical
Weight Management**



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

*Do you need some help with
making lifestyle changes to
reduce your weight and
improve your health?*