



# *Personalised Exercise Programs*

*"We do not stop exercising because we grow old, we grow old because we stop exercising" - Dr Kenneth Cooper.*

Exercise and physical activity have been identified as pivotal in the prevention of a wide range of chronic health conditions. It can reduce cardiovascular disease and metabolic disease risk, improve depression and anxiety, and promote better health in all aspects of life. This first of its kind Exercise Program will deliver significantly improved health outcomes to all those who fully commit to their future and the role exercise has to play.

## **FEATURES**

- Over 100 exercise programs tailored to suit different goals, exercise ability and time availability, including both structured exercise and lifestyle physical activity.
- Prehab programs designed to maximise health before starting the core program, including flexibility, balance and lower back pain.
- Online support to ensure the programs are followed safely and effectively, provided by health and exercise professionals

- Instruction on how to exercise at a desired intensity and the effects of exercise.
- Exercise testing to allow accurate tracking of progress and positive health changes, both self-administered and delivered by Exercise Physiologists.
- A range of questionnaires to understand changing psychological measures, such as motivation levels, mental health and sleep.
- Relevant education provided on a wide range of topics, such as behaviour modification and stress.
- Training guides for various events throughout the year, such as the City2Surf.

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