

## OUR QUALIFIED THERAPISTS TREAT A WIDE VARIETY OF CONDITIONS.

- Physical Disability
- Intellectual Disability
- Acquired Brain Injury
- Aged Care
- Mental Health
- Spinal Injury
- ...and many more.

### OUR MISSION

People are the forefront of our business.

We help YOU achieve your best outcomes through innovation, dedication, best practice and clinical excellence.



WE ARE ONE OF THE LARGEST ALLIED HEALTH PROVIDERS OF OUR KIND IN AUSTRALIA.



CONTACT US TODAY  
**1300 118 502**

INFO@HEALTHMARQ.COM.AU  
WWW.HEALTHMARQ.COM.AU  
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SUPPORTING

# YOUR **ndis** JOURNEY

Exercise Physiology



*We develop exercise programs for people with a wide variety of disabilities to develop and manage their condition and build capacity for activities of daily living.*

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LOOKING FOR

# A QUALIFIED EXERCISE PHYSIOLOGIST TO SUPPORT YOU THROUGH THE NDIS?

## BENEFITS OF EXERCISE PHYSIOLOGY

- Improve your quality of life
- Improve the management of chronic conditions
- Improved exercise capacity and mobility
- Improve accessibility in public areas
- Improve sleep quality
- Reduce depression
- Weight management
- Improve cognition and overall brain functioning
- Improve balance and stability
- Improve flexibility and joint range

## WHAT WE OFFER

- Initial Assessment to determine readiness to exercise
- Individually tailored exercise programs
- Group Exercise Programs
- Health coaching
- Exercise prescription for the home
- Education, support and advice to enhance health and wellbeing
- Exercise program review
- Identify SMART goals



## AT HEALTHMARQ

Our team of trained therapists can assist with the **development of individualised exercise programs** catered towards building strength and conditioning, reliance and overall health and wellbeing.



EXERCISE PROGRAMS CAN ASSIST YOU WITH YOUR INDEPENDENCE AND IMPROVEMENT OF YOUR OVERALL HEALTH & WELLBEING.

