



# Pro Fit Lifestyle



## Who We Are

Pro Fit Lifestyle is a Chronic Disease and Lifestyle Management Clinic that uses Exercise Physiologists to provide individuals with exercise based solutions for the long term management of chronic disease, facilitating an improved quality of life and overall well being.

The clinic, conveniently located in Kotara, has facilities to suit all patients.

The clinic has a group education room, 2 private consulting rooms and a functionally based exercise clinic.

## Exercise Physiology

Exercise Physiologists are 4-year University Qualified Allied Health Professionals, who specialise in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic disease and injuries. Exercise Physiologists are qualified to provide specific and safe physical activity and behaviour change support for patients with conditions such as:

- Metabolic Disease - Obesity, Hypertension
- Type 1 Diabetes
- Type 2 Diabetes
- Mental illness
- Asthma
- COPD
- Cancer
- Cardiovascular diseases
- Osteoporosis and Arthritis
- Musculoskeletal injuries and spinal conditions - chronic back pain

## *Exercise is Medicine...*

Exercise Physiology is an area that is widely overlooked when regarding treatment for chronic disease.

### **Exercise has been proven to:**

- ↓ blood pressure
- ↓ severity of atherosclerosis - associated with heart disease
- ↓ joint swelling and pain
- ↑ muscular strength and endurance - Improve daily function
- ↓ depression and anxiety
- ↓ dependency on medications
- Minimise disease progression, or reverse existing disease
- Cardiovascular reconditioning
- Improve;
  - Management of diabetes
  - Body composition with loss of regional fat
  - Cholesterol control
  - Musculature and strength of atrophied muscles, prevent injuries from falls
  - Bone mineral density
  - Balance and flexibility
  - Well being and quality of life and increase life expectancy
  - Sleeping conditions
  - Insulin resistance

**Accredited Exercise  
Physiologists are  
identified in Australia  
as experts in health  
service delivery in  
this field.**

Physical activity is a  
**CORNER STONE**  
of Chronic Disease Management



Exercise supports improvements in muscle strength and endurance, mobility and balance - overall exercise can improve the function and **QUALITY OF LIFE** of patients who suffer from chronic disease something medication cannot provide.

How it all works

Patients need to consult their treating Doctor to be diagnosed with a chronic disease and issued with an Enhanced Primary Care plan (referral to the recommended Allied Health care Provider).

Eligibility and Cost

Chronic Disease Patients	Type 2 Diabetic Patients	Private Patients
ENHANCED PRIMARY CARE PLAN	ALLIED HEALTH GROUP INTERVENTION referral	No Referral Required
\$0 (no gap fee charged)	\$0 (no gap fee charged)	\$0 (Health Fund Covered) OR Private Consultation Fees
5 Medicare subsidised sessions	8 Medicare subsidised sessions	Unlimited private sessions

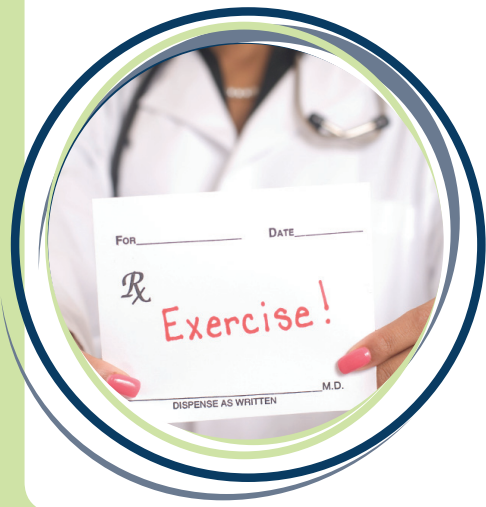
Reporting

The referring doctor will receive regular updates on their patients progress as well as the activities prescribed to the patient.

Our Commitment

The treating therapists at Pro Fit Lifestyle are dedicated to the delivery of the highest quality of patient care. Each patient's needs are catered for in an individualised exercise program to ensure the patient achieves their goals.

**Go to [www.fitlifestyle.com.au](http://www.fitlifestyle.com.au) for links on referral forms.**



Suite 14, OPT House No. 10 Bradford Cl Kotara NSW 2289  
| Ph: 1300 052 125 | Fax: (02) 8821 8822  
| Em: [info@pfr.net.au](mailto:info@pfr.net.au) | [www.fitlifestyle.com.au](http://www.fitlifestyle.com.au)