



Accredited Exercise Physiology (AEP)

AEP's are allied health professionals who use movement and exercise to help with the prevention and management of chronic disease and injuries.

What can an Accredited Exercise Physiologist help you with?

- Diabetes
- Stroke recovery
- Heart disease
- Weight management
- Joint pain e.g. arthritis, osteoporosis
- Injuries
- Mental health conditions
- Breathing difficulties e.g. asthma or COPD
- Pregnancy
- Elite sports
- Disability

How can I see an Accredited Exercise Physiologist?

Your doctor might refer you to see an AEP one on one or recommend the Work It Out Program for group exercise and education.

Or you can ask your doctor to refer you to an AEP if you think exercise would help you achieve your goals and improve your life.

Who can see an Accredited Exercise Physiologist at our clinics?

- Aboriginal and Torres Strait Islander People
- For one on one sessions: any age based on your health needs
- For Work It Out group exercise: adults over the age of 18 years

What will happen when I see an Accredited Exercise Physiologist?

The AEP will conduct an initial assessment with you to discuss your medical and exercise history, work out your goals, and guide you through some easy physical tests.

Don't worry if you haven't exercised before, your AEP will individualise your program to your needs and what you'd like to do!



For more information visit www.iuih.org.au

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