

Fees for Services

Physiotherapy	\$10.00
Diabetes Nurse Educator	\$10.00
Dietitian	\$10.00
Community Health Nurse	\$10.00
Exercise Physiologist	\$10.00

Should payment of a Fee stop you from using this Service, please inform Reception.

To see the Exercise Physiologist:

Call Reception on 5479 1000

Leave your contact details.

An intake worker will call you to make an appointment.

Castlemaine District Community Health

13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000

Fax: 03 5472 3221

email@cdch.com.au

www.cdchcastlemaine.com.au

Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm



Castlemaine
District
Community
Health

COMMUNITY HEALTH

Information Resources Promotion

For more information,
contact Reception on 5479 1000,
or visit our website
www.cdchcastlemaine.com.au

Exercise Physiologist

Facilitating Better Health

*Your Health
Your Community
Your Community Health Centre*

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Castlemaine District Community Health (CDCH) offers many services for promoting health and preventing illness. These are for both individuals and groups.

CDCH is part of your community

Exercise Physiologist

Our Accredited Exercise Physiologist uses exercise to prevent and treat diseases and injuries.

The Exercise Physiologist does a health and fitness assessment to identify your needs and the best type of exercise program for you. This may be:

- An individual Home Exercise Program
- CDCH exercise classes, or
- Local community exercise groups

The assessment also provides you with a starting point for tracking your progress.

The Exercise Physiologist can also support you to stay motivated with exercise and healthy lifestyle, make behavior changes and set goals.

Exercise Physiologists work closely with other services and specialists to provide you with the best support and steps for reaching your goal.

Why exercise?

Exercise has many benefits. Regular exercise reduces the risk of chronic diseases such as heart disease and diabetes. It also promotes quality of life and wellbeing.

How much exercise do adults need?

Adults need 2 ½ – 5hrs of moderate physical activity, or 1 ¼ - 2 ½ hours of vigorous physical activity each week to stay healthy and reduce risk of health problems. Be active on all or most days of the week.

Older Australians should:

- Think of moving as a chance to improve your health
- Be active every day in many ways
- Do at least 30 minutes of moderate intensity physical activity on all or most days
- If you can, also enjoy some regular, vigorous activity for extra health and fitness.

To access any service at CDCH please call Reception on 5479 1000
Fees apply to some services, please ask at Reception



**Castlemaine District
Community Health**
Facilitating Better Health

An Exercise Physiologist can help with:

- Blood pressure control
- Weight control
- Diabetes or Pre-Diabetes
- Heart disease
- Arthritis
- Balance problems
- Strength building
- General fitness and health
- Recovery from injury
- Chronic pain control
- Improving exercise motivation

Who can see the Exercise Physiologist?

- Any age
- Any health concern
- A doctor's referral is not needed

Fees:

All appointments with the Exercise Physiologist cost \$10. Should payment of the fee stop you from using this service, please inform Reception.

Call reception on 5479 1000 for an appointment