

Exercise physiology



Move well, live well with BlueCare

At BlueCare, we believe in helping you stay active, mobile and independent—no matter your age or ability. Our accredited exercise physiologists work with you to improve your strength, balance and fitness through safe, tailored movement programs.

Whether you're managing a chronic condition or simply want to move with more confidence, we're here to support you every step of the way.

Your goals, your program

We support people living with:

- Arthritis or osteoporosis
- Diabetes and heart conditions
- Neurological conditions
- Respiratory challenges
- Recovery from surgery or injury
- Balance or mobility issues
- Age-related changes in strength and endurance

Our programs are tailored to your goals and needs, with one-on-one or group sessions available in your home or at selected BlueCare centres.

How exercise physiology can help

We'll help you:

- ✓ Improve strength, coordination and balance
- ✓ Manage pain and fatigue
- ✓ Increase fitness and cardiovascular health
- ✓ Prevent falls and injuries
- ✓ Regain confidence in daily activities

We also offer support with mobility equipment and exercise strategies for long-term wellbeing.

Explore our full range of allied health services

Physiotherapy • Occupational therapy • Podiatry
Dietetics • Social work • Speech pathology
Psychology and counselling
Music therapy




Our exercise physiology services are available through:

- Support at Home
- Department of Veterans' Affairs
- Fee-for-service

Let's get you moving

Speak with us today to learn more or to book a personalised assessment.

 1300 258 322

 bluecare.org.au

 BlueCare -
in good hands

 **BlueCare**
Live life your way