BENEFITS OF STAYING ACTIVE

Exercise is known to improve heart health, physical fitness and general wellbeing, however, did you know that it can also:

- lower blood pressure and triglyceride levels
- help maintain healthy bones, muscles and joints
- raise HDL (good) cholesterol levels
- assist your body to manage blood sugar and insulin levels, which lowers your risk for Type 2 diabetes
- help reduce obesity when combined with a reduced-calorie diet.

Our Accredited Exercise Physiologist can create a tailored exercise program to suit your needs.

FOR FURTHER INFORMATION
PLEASE CONTACT:

Curtin Clinics Reception Health & Wellness Centre
Building 404
Brand Drive
Bentley, WA 6102
Telephone: 08 9266 1717
Facsimile: 08 9266 3679
Email: curtinclinics404@curtin.edu.au
**ACTIVE AGEING**

With age, our muscles reduce in size and strength, and our bones change structure, lose tissue and become weaker. These physical changes increase the risk of bone fractures.

Exercise can prevent or reverse many age-related changes to muscles, bones and joints.

Our active ageing exercise classes enable you to exercise in a safe environment with a specially designed program just for you. Each session is supervised by an Accredited Exercise Physiologist and will incorporate resistance and strength training, balance, flexibility and core strengthening exercises. Ask your health fund about cover for exercise physiology sessions.

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**CARDIAC REHABILITATION**

Our cardiac program is a supervised exercise program for people who have experienced a cardiac event, live with a known cardiac condition, have diabetes, or have one or more ‘cardiac risk factors’, including obesity, hypertension, high cholesterol or a history of smoking.

The program is offered three times per week and involves a combination of aerobic and resistance training. You’ll be assessed before and after each exercise session and closely monitored throughout by our Accredited Exercise Physiologist. Health fund rebates may apply.

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**CANCER RECOVERY**

Curtin Health & Wellness clinic is a proud provider of the WA Cancer Council Life Now Exercise® program for people diagnosed with cancer.

Cancer Council WA advise that exercise helps reduce fatigue, improves muscle mass, bone density and physical function, and enhances general wellbeing and quality of life for those living with cancer.

The exercise program supervised by our Accredited Exercise Physiologist includes strength training for the upper and lower body, balance and core training. You’ll also undertake aerobic exercise to improve cardiovascular fitness and maintain a healthy body composition.