

Exercise Physiology

Exercise Physiologists are health professionals that use exercise to help you to recover from a number of injuries and illnesses.

At Sunbury Community Health, our Exercise Physiologists can help you with:

- Ongoing pain from injury or illness
- Your heart and lung health
- Your diabetes
- Your recovery after cancer treatment
- Preventing injuries that can come with falls
- Planning for a more active lifestyle
- Finding out about exercise programs in Sunbury



What will happen at my first appointment?

We will talk to you about what brought you here, your level of weekly exercise and your goals. We may also take you through some basic exercise tests, to understand your level of fitness.

We want to help you to exercise regularly to improve your health. After your first appointment, we may take you to a local gym or exercise group.

What do I bring to my appointment?

Bring along your referral, a list of your medical conditions and your medications. Make sure you are wearing comfortable clothing.



If you have any questions call 9744 9522

