

Some comments from
people who completed the
program...

“The hardest thing for most people to start an exercise program is fitting it into their busy lifestyle.... the exercise physiologist at the centre is in touch with what lifestyle changes I needed and I can manage”

“..I am so impressed with the whole thing. The staff were so helpful and listened and respected everything I said. The Exercise physiologist has tailored things to suit my needs. ...this program has allowed me to achieve and stay motivated...”

“It has made me aware that exercise has made me feel good. This program is superior to one’s offered at other gyms because it is affordable”

“...I found this program very rewarding ...”

Ask your GP.....

Register Now!

Make your appointment and see your GP to register to the GP Exercise Referral Scheme (GPERS). Once your GP registers you to the Scheme contact one of the participating exercise facilities.

GP Exercise Referral Scheme

is a joint initiative between the
Sutherland Division of General Practice Inc
and
Sutherland Shire Leisure Centres



Sutherland Shire
COUNCIL 

This program is supported by ESSA
Exercise & Sports Science Association

PROGRAM VENUES:
Sutherland Leisure Centres
Rawson Avenue, Sutherland
Ph: 8536 9706

Engadine Leisure Centre
Anzac Ave, Engadine
Phone: 9548 4223

YMCA Caringbah
Jacaranda Rd Caringbah
Phone: 9524 1800

GP Exercise Referral Scheme



Exercise programs customised for you!

Experience support that motivates you for long-term change!

An exercise scheme designed specially for people referred by their GP that aims to help them become more active and assist in the management of certain medical conditions.

This initiative provides exercise programs developed by ESSA* Accredited Exercise Physiologists which are designed to meet your needs.



Sutherland Shire
COUNCIL 

SUTHERLAND DIVISION OF GENERAL PRACTICE INC.
in partnership with
SUTHERLAND SHIRE LEISURE CENTRES
& **YMCA CARINGBAH**

About the Scheme

The exercise scheme is designed specially for people referred by their GP and aims to help people become more active and assist in the management of certain medical conditions.

The Scheme has two main programs;

(1) Get Moving! Stay Well! and **(2) Community Maintenance**. Both provide exercise programs developed by ESSA Accredited Exercise Physiologists. Each program is specifically designed to meet your needs and to be conducted under the supervision of qualified fitness professionals. The program is provided in addition to your regular medical care and your GP will receive feedback on your progress.

Who can join the Scheme?

Eligible patients can join either the Get Moving! Stay Well! Program OR the Community Maintenance Program.

1) Get Moving! Stay Well!

People with or who suffer from:

- Diabetes
- Inactive/sedentary lifestyle
- Clinical Obesity (BMI >30)
- Hypertension
- High cholesterol
- Polycystic ovarian syndrome
- Osteoarthritis (mild-moderate)
- Osteoporosis
- Stress/anxiety (mild-moderate)

2) Community Maintenance:

There is a strict criteria for entering this program and it is important to consult your GP. To join the program you must meet the following:

- completed The Sutherland Hospital Cardiac Rehab or Heart and Lung Team Exercise Rehabilitation Programs **-OR-**
- patients that have a past heart and/or lung problem with only little or no exercise rehabilitation

The Cost?

The total cost of the program is **\$98.00** for 2011-2012 financial year. Fee schedules may change with each new financial year so please ask your GP or contact the Sutherland Leisure Centre for current prices. Each program covers the following:

- 1 hour comprehensive assessment by an AAESS accredited exercise physiologist
- 10 x supervised exercise sessions
- 1 hour post fitness assessment by an AAESS accredited exercise physiologist (upon completion of 10 exercise sessions)

Medicare rebates are available for patients referred under a Medicare Chronic Disease Management Plan ie. only eligible patients with chronic and complex conditions defined by Medicare Australia. Please consult your GP to see if you are eligible.

Some Private Health Insurance Companies offer rebates for this program. Please enquire with the Sutherland Leisure Centre Staff.

Benefits of regular physical activity

Physical activity keeps you healthy and has significant benefits for your health and wellbeing. Being physically active has the following benefits:

- improved long term health
- reduce risks of heart attack
- Feel more energetic
- Manage your weight better
- Healthier blood cholesterol level
- Can lower blood pressure
- Stronger bones and muscles (less osteoporosis)
- Recover better from a heart attack
- Feel more confident, happy and relaxed, and are able to sleep better.

Studies have also shown that regular exercise can be used in isolation or in combination with other therapies to treat some forms of depression and anxiety. Even people who don't suffer from depression feel happier and more relaxed when they exercise regularly.

Source: <http://www.betterhealth.vic.gov.au>

What happens when you register?

- Once your GP has completed the recommended referral form, you need to make an appointment with the GPERS Office at Sutherland Leisure Centre on **8536 9706 or 8536 9718**.
- You pay the up front fee during the initial assessment with the ESSA* Accredited Exercise Physiologist. During the initial consultation the Exercise Physiologist will assess your physical fitness and functional capacities and then develop a structured exercise program to meet your needs and help achieve your goals.
- After the initial assessment you will receive 10 x supervised exercise sessions. Trained staff at the centre will monitor your progress and are there to help and encourage you!
- Following your 10 exercise sessions, you will receive a 1-hour post assessment with an AAESS* Accredited Exercise Physiologist.
- Your GP will receive feedback from the Exercise Physiologist on your progress.

Please note, additional follow up assessments conducted by the Exercise Physiologist can be arranged at 8 weeks and 12 weeks to check on your progress at an additional costs. Please see the Leisure Centre Staff for details.

*Exercise & Sports Science Association

Bookings and enquiries

Please phone Sutherland Leisure Centre on phone **8536 9706** for an appointment or further details. If your GP is not aware of this program, please ask your GP to contact the Sutherland Division of General Practice on ph **9545-3533**.