

# Physical Activity Program



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**Regular exercise can help protect you from heart disease and stroke, high blood pressure, diabetes, obesity, back pain, osteoporosis, and can improve your mood. It can be of considerable benefit in delaying the physical declines associated with aging, in managing chronic pain and help you to better manage stress.**

One of the hardest parts of getting in shape is knowing how to get started. The Get in Shape Program can make it easier for you. We do the work, you do the workouts.

Our Get in Shape Program is not a fad exercise program that cannot be sustained. We help you get fit the right way and maintain your exercise regime over the long term.

The 6 week Get in Shape program will equip you with all the tools and support that you need to start exercising and maintain regular physical activity. This program includes weekly support from our Nurse Practitioner to answer all your questions, educate you on exercise options and assist you to make changes so you can live a longer and healthier life.

Included in the program is ongoing program monitoring. We're making it more convenient than ever to stay on track by providing care with no appointment necessary.

## What to expect at your visit

1. Your nurse practitioner will enrol you in the program, review your medical and medication history as well as perform a health assessment if required based on your individual needs.
2. A visit summary will be sent to your primary care provider with your consent.

## How much does the program cost and can I get a rebate?

- The Get in Shape Program is \_\_\_\_\_ for 6 weeks.
- Standard consult fee applies to ongoing post program monitoring.
- Medicare and health insurance rebates apply.

## What to know before your visit

- Your Nurse Practitioner will advise you the additional cost for any tests required that are not covered on Medicare.
- Some conditions may require a referral to a GP or Specialists.

## What's a Nurse Practitioner?

Nurse Practitioners are highly experienced registered nurses with advanced education and training in the diagnosis, management and prevention of common health conditions. They have the authority to prescribe medication, refer to specialists and order diagnostic tests.

**Talk to our Nurse Practitioner today.**

Your participating Revive Clinic Pharmacy

**[www.ReviveClinic.com.au](http://www.ReviveClinic.com.au)**

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