

FREQUENTLY ASKED QUESTIONS

DO I NEED A REFERRAL LETTER FROM MY GP TO START YOUR SPECIALISED PROGRAMS?

No referral is required to commence the program, however, medical clearance to exercise from your GP is advised.

DO I GET A REBATE FROM MY HEALTH FUND? HOW MUCH WILL THEY REBATE?

Taken by our Physiotherapists and Exercise Physiologist, these classes are claimable on private health fund.

Please contact your fund for more details.

DO I NEED TO HAVE AN INITIAL CONSULTATION?

Yes, an Initial consultation is mandatory prior to starting our specialised programs.

This is necessary to assess and identify any injuries you may have.

It will allow our therapists to design your individualized 'Age-ility' program.



STUDIO LOCATION

The Body Refinery

2/15 Lamington Street, New Farm QLD 4005

Phone: (07) 3358 3915

Email: info@thebodyrefinery.com.au

Web: www.thebodyrefinery.com.au

Opening Hours

Monday - Thursday	6:00am - 8:00pm
Friday	6:00am - 5:00pm
Saturday	7.30am - 2:00pm
Sunday	Closed

SPECIALISED PROGRAMS



The Body Refinery's Physiotherapists and Exercise Physiologist have two strong beliefs:

- Exercise is medicine; and
- Movement is the answer to many chronic problems.

It is these beliefs, coupled with scientific evidence, that have led us to create **two specific exercise programs** for our clients who are over 50.

AGE-ILITY

We can all benefit from having greater flexibility, energy and movement in our daily lives, whether that involves, walking, jogging, golfing, gardening, travel or even keeping up with grandchildren.

Age-ility is an individualized program designed by Physiotherapists and Exercise Physiologists, which focuses on suitable exercise for the over 50s.

It is ideal for those wanting to slow the ageing process and live an active and fulfilling life.

THE PSYCHOLOGICAL BENEFITS OF EXERCISE:

- Enhances mood
- Decreases depression
- Increases cognitive function
- Increases feelings of personal control
- Improves quality of life
- Increases feelings of well-being
- Decreases stress
- Improves sleep



THE PHYSICAL BENEFITS OF EXERCISE:

- Prevents or manages most chronic diseases and disabilities
- Helps prevent cardiovascular disease
- Decreases blood pressure
- Increases good cholesterol (high density lipoprotein cholesterol)
- Decreases triglycerides
- Improves glucose and insulin metabolism, which helps with diseases like diabetes
- Increases bone density, which may lead to a reduced risk of osteoporosis
- Increases ability to perform daily activities
- Increases strength, to help maintain or increase independence
- Increases energy (playing with grandchildren, walking the dog)
- Increases balance, which may reduce the risk of falls or reduce the severity of a fall
- Improves body composition (decreases fat, increases muscle mass)
- Helps to prevent and reduce pain associated with chronic pain syndromes
- Decreases risk of injury and enhances immune function
- Increases mobility and gait

Age-ility is an evidence-based exercise program that is based on scientifically proven results.

The initial 8-week program provides a foundation that can be built upon for ongoing improvement in quality of life, which can affect the attitude with which you approach each day.



BETTER BONES

HAVE YOU BEEN DIAGNOSED WITH OSTEOPENIA OR OSTEOPOROSIS?

The **Better Bones** program is designed to help you improve your bone density using evidence-based exercise in a safe and friendly environment.

Physiotherapists and Exercise Physiologists have designed the **Better Bones** program to teach those with decreased bone density how to use resistance training to improve their bone density.

In addition to increasing the size, strength and capacity of our muscles, regular physical activity and exercise play an important role in maintaining or improving bone density.

However, to obtain real improvement in bone density, exercise must be regular and ongoing. Bones only become stronger when a certain amount of impact or extra strain is placed on them, and there are specific types of exercises that are proven to achieve this.

The Body Refinery's **Better Bones** program is evidence-based and is focused on those specific exercises that are essential to improving bone density.

When attending your initial assessment please bring your latest bone density test results if you have them.