

Exercise - Finding an Exercise Physiologist

An exercise physiologist is a university qualified professional who is qualified to assess, design and monitor exercise programs for special populations.

The Australian Association for Exercise and Sport Science (AAESS) was formed in 1991 and is the peak professional organisation promoting excellence in, and recognition of, tertiary-trained, Exercise Physiologists. Accessing the location of an Exercise Physiologist is available through the AAESS website www.aaess.com.au

Medicare Rebates

Medicare rebates are available for people with chronic conditions. These rebates entitle you to five private sessions each calendar year. Ask a doctor or local exercise physiologist for more information. Articles compiled by Accredited Exercise Physiologists: Morgan Atkinson, Centre for Physical Activity in Ageing; Karen Anderson, Body Maintenance www.bodymaintenance.com.au

Please read these sections for more information on exercise:

- Exercise main page
- Further Considerations
- Developing an Exercise Program
- Managing Fatigue with Exercise