



**YOUR HEALTH HUB**  
Medical & Allied Health Centre

# EXERCISE FOR CANCER



***This class is run by an Accredited Exercise Physiologist who specialises in cancer care. Our aim is to support you through every stage of your cancer journey.***

***Come along and exercise in a safe and supported environment.***

## **The benefits of this class include:**

- Improved energy levels
- Reduction in treatment side effects such as pain and nausea
- Decreased hospitalisation time
- Increase in muscle strength and flexibility
- Better immune function
- Enhanced mood and self-esteem

Your Health Hub  
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## How to join the program

Please contact Your Health Hub to organise an initial assessment with the Exercise Physiologist.

You may self refer or be referred by your GP under a chronic disease management plan (GPMP).

## During the Initial Assessment

- A medical history will be taken
- Bring any relevant documentation about your treatment with you
- We will set some goals for you to achieve
- Physical testing such as a walk test and/or strength test will be performed.

An individualised exercise program will then be developed based on your individual needs, medical condition and goals.

## Cost

**Initial assessment:** \$90 (medicare rebate available if you are on a GPMP or Private Health Fund rebate may apply, please talk to reception).

**Group Class participation:** \$15 per class (10 visit pass available at \$130)

**Individual based sessions also available at extra cost.**

**For more information and class times, phone  
our friendly reception team on 6122 0150**



ACCREDITED EXERCISE PHYSIOLOGIST

