

## Fees

For our current fee schedule, please click the Lifestyle Clinic tab at <https://unsw.edu.au/medicine-health/our-schools/health-sciences> or contact the clinic on 9385 3352



## Opening Hours

The Lifestyle Clinic is open:  
Monday/Wednesday from 8.00am to 6.00pm  
Tuesday/Thursday 8.00am to 5.00pm  
Fridays 8.00am to 4.00pm.



**Medicare rebates** are available for patients referred for Exercise Physiology under a Chronic Disease Management Plan by their GP.

### Rebates through Private Health Funds

As an accredited health management program, rebates are available through most private health funds under gym membership for our AEP Exercise Clinic, or under Exercise Physiology for consults with our AEPs. Contact your fund to see if you are eligible.

### Department of Veteran's Affairs (DVA)

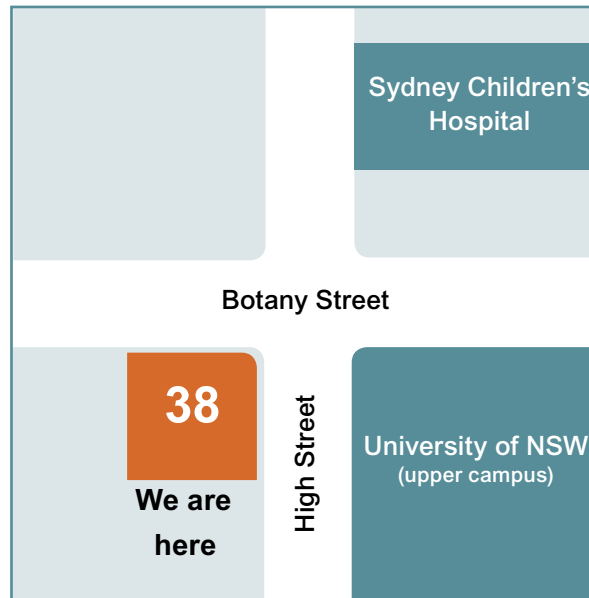
DVA Health Cards (Gold and White) are accepted as payment upon receipt of the appropriate GP referral for our Accredited Exercise Physiology consultations.

## Referral Forms

Referral forms for Accredited Exercise Physiology services are found on our website.

## Location

The Lifestyle Clinic is located at 38 Botany Street, Randwick (corner of Botany and High Streets). Frequent bus services from Central Bus Station and the eastern suburbs stop directly outside the clinic. The CBD & South-East Light Rail also stops outside the clinic.  
There is 1-hour and 2-hour on-street parking in the surrounding area.



# UNSW Medicine Lifestyle Clinic



## Contact us

**UNSW Lifestyle Clinic**  
38 Botany Street (Corner Botany and High Streets)  
RANDWICK NSW 2031

**Tel:** (02) 9385 3352

**Fax:** (02) 9385 3195

**Email:** [lifestyleclinic@unsw.edu.au](mailto:lifestyleclinic@unsw.edu.au)

**Web:** [www.unsw.edu.au/medicine-health/our-schools/health-sciences/unsw-lifestyle-clinic](http://www.unsw.edu.au/medicine-health/our-schools/health-sciences/unsw-lifestyle-clinic)

Clinic Enquiries: (02) 9385 3352

Exercise  
is medicine

## Exercise is Medicine

Scientific research over several decades shows that exercise **works like medicine** and is a highly effective treatment for the management of a variety of health and medical conditions.

This treatment requires a clinical environment and staff with the qualifications and expertise in exercise therapy and rehabilitation.

Our unique services are provided by **Accredited Exercise Physiologists, and our 4th year Exercise Physiology students** bringing you cutting-edge treatments from the latest research to improve your health and quality of life.

We will be right there with you on your journey to better health, empowering you to make lifelong changes to your physical activity and lifestyle. These changes will not only improve your **quality of life**, but also help achieve your own **personal goals**.



## Where do I start?

Come in and see one of our Accredited Exercise Physiologists (AEPs) to develop a personalised exercise therapy program. This can either be performed on your own or like many of our clients, you may choose to attend our on-site **AEP Exercise Clinic** program.



## Who do we treat?

We treat people **of all ages** with health conditions that have been shown to benefit from exercise therapy, including:

- Diabetes
- Heart disease (including Chronic Heart Failure)
- Peripheral artery disease
- Cancer
- Neurological & neuro-muscular disorders (e.g. Stroke, MS, Parkinsons Disease, Dementia)
- Arthritis (osteoarthritis & rheumatoid arthritis)
- Osteoporosis & osteopaenia
- Depression & other mental health disorders
- Overweight, obesity & metabolic syndrome
- Musculoskeletal disorders/injuries
- Chronic Pain
- Respiratory Disorders (asthma, bronchitis & emphysema)
- Poly-cystic ovarian syndrome

## Other Services

Lifestyle Kids is offered to kids of all ages in person at the Clinic or virtually via Microsoft Teams. The program aims to increase fitness, strength and physical activity levels, whilst also aiming to reduce screen time.

## How does it work?

During your initial consultation, we will assess you and discuss your health condition. Then we will work with you to design a personalised exercise therapy program for you to do at a venue of your choice (e.g. home, outdoors or at a local exercise facility). Alternatively, many of our clients attend our own fully-equipped **AEP Exercise Clinic**.

These two venue options are explained in further detail below:

### OPTION A Home/Gym-based program

As you start your program, your AEP will guide you through the various phases and arrange periodic follow-up sessions as required. Most clients will require between 2 to 5 consultations during the first 3 to 6 months. As your program progresses, your activity level will be progressively increased.

### OPTION B 12 week 'Treatment Cycle' onsite

**Step 1:** AEP Exercise Clinic orientation (second consultation). You will undergo an induction with the equipment with one of our student EPs supervised by our AEPs. Your exercise program will be written and fine-tuned.

**Step 2:** Attend 2 to 3 one-on-one supervised strength sessions per week.

**Step 3:** At 8-12 weeks your AEP will re-assess your progress to measure your results and achievements. A report is created for referring health professionals (GPs, specialists, etc), and a new personalised program is designed for you to continue following each visit at the AEP Exercise Clinic. Ongoing reviews are set for every 8 to 12 weeks and depend on your progress. You will have a student EP looking after you at each session, whilst being supervised by an Accredited Exercise Physiologist.

**Note:** We also offer adults and kids classes virtually via Microsoft Teams, as well as telehealth consults with our AEPs. All programs and services are supervised by an Accredited Exercise Physiologist at all times.