

Accredited Exercise Physiologists—Who are they and what do they do?

Accredited Exercise Physiologists (AEPs) are University trained, allied health professionals (in much the same way as dietitians and physiotherapists). They have a diverse range of knowledge and skills and work in a variety of health, exercise and sports science fields. Exercise Physiology is a specialised field and AEPs can be found working in hospitals, primary healthcare, rehabilitation, workplace health and aged care.

AEPs specialise in personalised exercise programs with the overall goal of preventing or managing chronic illness or injury and assisting in achieving your optimal functional capacity, health and wellness. The programs are practical, personalised and mostly home-based and have a strong focus on successfully changing lifestyle behaviours.

Why am I seeing an AEP?

Your GP may have referred you to:

- improve your quality of care;
- improve self-management of your chronic illness or injury; and
- to support you in increasing your physical activity levels in a safe way.

AEPs are differentiated from other allied health professionals or fitness professionals by the possession of extensive knowledge, skills and experience in clinical exercise delivery and health-behaviour change counselling for people with chronic illnesses or injury.

What Does an AEP Session Include?

Typical sessions include:

- an initial assessment to determine your health status, and physical activity history;
- education about how exercise therapy can help to treat or improve your condition and improve your quality of life;
- discussion on your exercise and health goals and developing strategies together to achieve these;
- development of an exercise program - clinical or home-based, individual or group;
- instruction on how to do the exercises, including demonstration and coaching to achieve good technique;
- written reports back to your GP or Specialist detailing your exercise plan and progress; and/or
- ongoing review to track your progress and identify the need to change your program as it occurs.

What Should I Wear?

You should wear clothes that are comfortable to move around in. An AEP session will include some amount of physical activity, so comfortable clothes and shoes (such as joggers) are ideal.

To Book an Appointment
Contact Marlene Directly -



The Active Effect
Clinical Exercise Physiology

Marlene Lovell BHlthSc, AEP, ESSAM

M: 0419 143 781

F: (03) 6327 1515

E: theactiveeffect@bigpond.com

Exercise Physiology.

Here's what you need to know before your first visit.



*For exercise that is practical and
personalised ... and not at all scary*

*Do you need some help with
making lifestyle changes to
improve your health and
wellbeing?*