

**Accredited Exercise Physiologists are dual accredited allied health professionals, also holding accreditation as an exercise scientist (AES), and are registered with ESSA, our governing body.**

AEPs are recognised allied health professionals specialising in clinical assessment, design and delivery of exercise interventions for a broad range of conditions including cancer, cardiovascular, metabolic, neurological, musculoskeletal, kidney, respiratory / pulmonary, mental health, and any other conditions for which there is evidence that exercise can improve the client's clinical status.

The aims of AEP interventions are to prevent or manage acute, sub-acute or chronic disease or injury, and assist in restoring one's optimal physical function, health or wellness.

AEPs work within many different environments such as hospitals, private and multidisciplinary clinics, communities, aged care, research and sport.

**AEPs can assist with:**

- Goal setting and strategies for physical activity participation
- Physiological health screening and assessment
- Mobility and falls prevention/intervention
- Improving functional/physical independence
- Preventative exercise prescription
- Weight management
- Exercise intervention for a range of chronic and complex health conditions
- Exercise education to build toward self-managed exercise participation

