

Fighting Fit Veterans Program



Program Outline

This is an innovative strength and conditioning wellness program for Veterans' Affairs Gold and White Card holders. The program includes resistance training exercises with variations in intensity, frequency and volume that are known to maximise strength gains and optimise conditions for muscle and bone growth. Aerobic conditioning is also included for fat loss and cardiovascular health, combined with relaxation and flexibility components.

The individual component of the program is based on a health assessment with an accredited exercise physiologist which then enables the participant to gradually ease into a program of exercise. The programs are designed to suit the individual's needs and ability.

The group component then progresses the participant to be more independent and in control, with group sessions fully supervised by an accredited exercise physiologist.

State of the Art Facility and Equipment

At the Vario Wellness Clinic we have state of the art equipment with testing capabilities including:

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Resting Metabolic Testing
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

Program Eligibility

Gold card holders are automatically eligible and white card holders may be eligible depending on their condition. Speak to your GP to find out if you are eligible or contact the Vario Wellness Clinic for more information.

To make an appointment or find out about our costs, please contact:

Vario Wellness Clinic
Telephone: 6304 3444
Email: variowellness@ecu.edu.au;
Website: www.variowellness.org