

Program Overview: Overcoming obesity is a priority for improving health in our society and physical activity can play an important role in improving body composition. Despite the widespread media attention to the problem of obesity, the prevalence is increasing. Research performed at Edith Cowan University has shown that resistance training, as well as nutrition and lifestyle can play a significant role in reducing fatness and improving fitness. Our researchers found that a 16 week resistance training program, which included the use of body weight and external resistance, offered an effective alternative to other modes of exercise that may not be tolerated as well by overweight individuals. Generally, overweight individuals enjoy resistance exercise and tolerate it far better than traditional aerobic based activities such as running, cycling or walking.

The individual component enables the participant to gradually ease into the program on an individual basis with a qualified exercise physiologist, dietician, and if necessary, a psychologist. To provide motivation and feedback, body composition changes will be assessed using a Dual Energy X-ray Absorptiometry (DEXA), which is the gold standard for monitoring body composition. The DEXA will be performed at the beginning and end of the program

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

Program Benefits

Reduction in body fat: Increased muscle mass: Increased bone density: Improvement in general wellbeing: Improvement in peripheral circulation: Improved psychological benefits such as increased feelings of control: Strong social support

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 scan
- Neurocom Balance Testing
- Resting Metabolic Testing
- Strength Testing

Medicare rebates may apply if referred by a GP. Some health insurance companies also provide rebates. Please discuss with your GP or Health Insurance Fund.

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

Vario Wellness Clinic

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