

**The Wellness Program** is a resistance training exercise program specifically tailored for those with a chronic illness such as arthritis, (all types) asthma, cardiovascular and respiratory conditions, hypertension, mental health, musculoskeletal rehabilitation, obesity, stroke victims, and neurovascular conditions.

**The individual component**— each participant is required to complete an initial assessment with a qualified exercise physiologist. This allows us to gather important medical history, which enables us to design a personalised program for the participant.

**The group component** then progresses the participant to be more independent and in control with group sessions fully supervised by an exercise physiologist. It is recommended that participants undertake two group sessions per week.

The Vario Wellness Clinic has an holistic approach to wellness and where appropriate, you can consult with an exercise physiologist, dietician, psychologist, physiotherapist and Chinese Medicine practitioner.

## Program Benefits

- Improves physical function and independence
- Improved vitality
- Reduced symptoms of arthritis, respiratory and musculoskeletal complaints
- Improvements in the prognosis in type II diabetes patients
- Great social networking opportunity

## 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
- Cardiovascular/stress Testing
- Resting Metabolic Testing
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

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

Vario Wellness Clinic  
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