



WHEN TO REFER TO AN ACCREDITED EXERCISE PHYSIOLOGIST (AEP)



IF YOUR CLIENT IS LIVING WITH:

- Obesity
 - Diabetes
 - Asthma
 - High Blood Pressure
 - Osteoporosis
 - Depression or anxiety
 - Stroke
 - Arthritis
 - COPD
 - Cancer
 - Lower back pain
- Or any other chronic condition or risk factor



IF YOUR CLIENT:

Is exercising less than 150 minutes per week and would benefit from:



- Reduced weight
- Reduced blood pressure
- Reduced cholesterol
- Pain management
- Improved mood
- Improved quality of life



CONTACT YOUR AEP

Or visit www.essa.org.au/find-aep/

