

07 5528 8617



HEALTH, FITNESS & WELLNESS PROGRAMS

PROGRAMS AVAILABLE

BASIC PROGRAM

\$157.50

- 2 x 1hr 1:1 weekly fitness sessions
- 1 x Remedial Massage fortnightly
- 1 x Education Session included on alternative fortnights

STANDARD PROGRAM

\$194.50

- 2 x 1hr 1:1 weekly fitness sessions
- 1 x Remedial Massage weekly
- 1 x Education Session fortnightly

PREMIUM PROGRAM

\$267.50

- 3 x 1hr 1:1 weekly fitness sessions
- 1 x Remedial Massage weekly
- 1 x Education Session fortnightly and 1 x Dietetic or Physiotherapy review monthly

\$129 Sign Up Fee

- Includes 30 minute initial consultation with each of the following: Physiotherapist, Dietitian and Fitness Consultant.
- Health fund may assist with covering a % of Dietitian and Physiotherapy consultation.
- 7 day/week advice and phone support.

HEALTHY MUM, LITTLE SMILES

This program is focused on future mums who are trying to conceive children, are already pregnant, or are physically recovering from a recent pregnancy.

Often potential mums will engage in rigorous exercise in conjunction with expensive IVF programs.

Although the research strongly supports exercise as part of this process, the problem we often see is that an over enthusiastic training regime has the capacity to actually prevent the IVF program from achieving its results.

AHSA is able to provide specialised guidance for this population and ensure a clinically appropriate balance of exercise, reflective of the hormonal fluctuations typically present during the fertility cycle.

- Guided exercise using evidence based practise toward readying or returning a mother to maximal functional fitness subsequent to either giving birth or getting ready for carrying a child.
- A team of allied health professionals providing ongoing support and input to the program includes Dietitian, Exercise Physiologist, Physiotherapist, Remedial Therapist, Registered Nurse and Fitness Consultant.
- Program conducted onsite at the Robina clinic and some surrounding locations.
- Close liaison and communication with client, IVF specialist, obstetrician and GP.
- Strong evidence based support and close supervision provided for all aspects of the program to ensure safe and effective exercise.
- Exercise is designed to maximise functional and core strength whilst minimising the negative musculoskeletal effects of carrying/ giving birth such as back, hip pain and rectus diastasis.

