Its Exercise Right Week!

This week is all about encouraging all individuals to be more active and to know where to get the right advice when it comes to moving.

The 2022 theme is Exercise for the Right Reasons

Start moving for your reason with an Accredited Exercise Physiologist (AEP) at MQ Healthy Weight Clinic.

Our MQ Health AEPs are passionate and qualified allied health professionals equipped to design, deliver and evaluate safe and effective evidence-based exercise interventions to individuals at high risk of developing, or with existing, chronic and complex conditions and injuries.

What you can expect from your time with an MQ Health AEP

- Comprehensive initial assessment
- Exercise and movement education
- Chronic disease prevention and management through individualised exercise prescription
- Exercise prescription for general health and wellbeing
- Applied evidence-based exercise prescription
- Assistance with short- and long-term goal setting and attainment
- Monitoring and evaluation of progress
- Encouragement and support to move right and work towards your positive reasons for moving
- Recommendations for appropriate referrals to our multidisciplinary team and collaborative approach to your health with our MQ Health Dietitians and Psychologist

Helpful links

exerciseright.com.au
essa.org.au

MQ staff can enjoy exercising right and working towards their health goals with an MQ Health Exercise Physiologist and/or MQ Health Dietitian at a discounted rate. Please contact Healthy Weight Clinic at hwc@mqhealth.org.au or on 9812-2941.
Eat Right to Exercise Right!

Whilst this week is all about encouraging individuals to move more and be more active, here at the MQ Healthy Weight Clinic we believe what we eat greatly influences the way we move and feel. A healthy and balanced diet can greatly compliment your exercise routine tailored by the Exercise Physiologist.

Our university qualified Accredited Practising Dietitians can offer evidence-based nutrition advice to help ensure you are eating a healthy and well-balanced diet. They can also assist a range of population groups including athletes and those with existing chronic diseases.

What you can expect from your time with an MQ Health Dietitian

- Comprehensive initial assessment
- Evidence-based nutrition education
- Individually tailored meal plans
- Recipe and snack resources
- Chronic disease prevention and management through individualised nutrition advice
- Continued monitoring, motivation, and support to develop long-term healthy eating habits
- Body composition analysis
- A collaborative approach with the Accredited Exercise Physiologist and Psychologist

Helpful links

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