

Vario Health Clinic

EXERCISE MEDICINE
RESEARCH INSTITUTE



NEWSLETTER

Programs

Kids Move Term 1
commences

February 2025

Tuesdays 4:00-5:00PM

Life Now Term 1 commences

March 2025

Monday and Fridays



Dear Vario Health Clinic clients,

2024 has been an amazing year and I personally enjoyed observing everyone's achievements and the progress of Vario Health Clinic.

You have provided our team with great support, interesting challenges and community spirit. We are looking forward to continuing this success in addition to launching more specialised programs for 2025. Whether you are looking for a way to focus on your wellbeing, or specialised support for managing your health conditions, we have something for everyone.

If you have not had a reassessment in the last 12 months, now is the time to book in with your exercise physiologist to update your medical history and reset your new goals for 2025.

Don't miss out on these opportunities to connect, learn, and grow with us.

Wishing you all a happy festive season and healthy and prosperous 2025!

Thank you
Emma Wilson, Clinic Supervisor



Xmas Lunch door prize winner 2024



**2024 Staff Celebrations at the
Exercise Medicine Research
Institute Christmas Lunch**

**Emma Wilson (AEP)
received the 2024
Professional Excellence
Award**

**Kate Mangano (AEP)
received the 2024
Practitioner of the Year
Award**





Christmas Opening Hours



Monday 23/12/24 6am-4:30pm

CLOSED 24th DEC-1st JANUARY

Thursday 2/1/25 7am-4:30pm

Friday 3/1/25 6am-4:30pm

Vario Health Clinic
EXERCISE MEDICINE
RESEARCH INSTITUTE





EMFL Early Risers 6am sessions

Our Early Riser trial sessions have been a success so far! These bright and cheerful, high energy time slots are perfect for our clients who want to seize the day and complete their individual prescribed program and embrace the early morning hours, with FREE PARKING.

Establishing a morning workout routine can also lead to better consistency, as you're less likely to face distractions or schedule conflicts that often arise later in the day. Plus, exercising early can improve your sleep quality, as physical activity can help regulate your sleep-wake cycle.

Places available, please speak to your exercise physiologist or call 6304 3444 to secure your place



When

Monday and Fridays
6:00am – 7:00am

Location

Vario Health Clinic
ECU Joondalup, WA 6027

Contact

📞 6304 3444

✉️ variohealthclinic@ecu.edu.au

2025 GROUP CLASS SCHEDULE

- **EMFL: Exercise Medicine for Life**
Supervised group exercise program to improve health and well-being for a range of chronic conditions.
- **Wellness**
High care supervised exercise group for people who require more additional support, including diabetes and cardiac/pulmonary rehabilitation.
- **DVA: Department of Veterans' Affairs Exercise**
Exercise for Veterans with a chronic condition or significant illness/injury.
- **Prostate Cancer Group Exercise**
Specialised progressive education and exercise program for those affected by prostate cancer.
- **Life Now**
12-week exercise program for those with a cancer diagnosis.
- **MoveKids**
Exercise for kids/teens who have challenges with social and physical development.
- **Breast Cancer Care**
Online 6-week exercise program for those with a breast cancer diagnosis.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	EMFL				EMFL
7:00am	EMFL	EMFL	EMFL	EMFL	EMFL
8:00am	EMFL	EMFL	EMFL	EMFL	EMFL
9:00am	DVA	EMFL	EMFL	DVA	EMFL
10:00am	DVA	Wellness	DVA	DVA	Wellness
11:00am	DVA	EMFL	Wellness	DVA	EMFL
12:00pm	EMFL	Wellness	EMFL	Wellness	Wellness
1:30pm	LIFE NOW	EMFL	EMFL	EMFL	LIFE NOW
2:30pm	EMFL	DVA	Wellness	EMFL	DVA
3:30pm	Prostate	EMFL		Prostate	EMFL
4:00pm		MOVEKIDS			



Physiotherapy

Since our last newsletter edition, Vario Health Clinic is pleased to announce the appointment of our **Physiotherapist Krunali Patel.**

If you are dealing with a chronic condition or have sustained an acute injury, our physiotherapist can diagnose and treat your pain and movement challenges. Treatments are designed to help you:

- **Repair damage**
- **Reduce stiffness**
- **Increase mobility**
- **Develop strategies for preventing future injuries**

Krunali holds a Bachelors Degree in Physiotherapy and a Masters in Exercise Rehabilitation. She also completed a fellowship program in traumatic injuries rehabilitation, cardio-pulmonary physiotherapy in emergency departments, ICU and post surgical orthopaedic units.

Krunali is experienced in musculoskeletal condition treatments ranging from cervicogenic headaches, lower back pain, frozen shoulder, muscle tears, ligament injuries and knee pain. She is skilled in manual therapy with additional certified training in dry needling, taping and neural release techniques.



Location

ECU Joondalup, Building 21
270 Joondalup Dr, Joondalup WA 6027

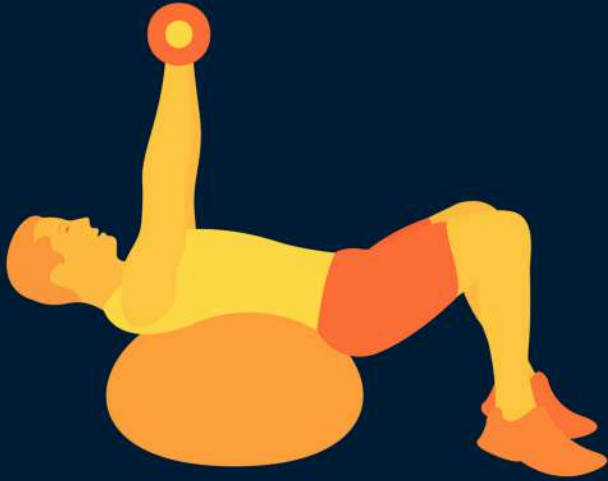
Contact

PH: 08 6304 3444

E: variohealthclinic@ecu.edu.au

For more information please
visit exercisemedicine.org.au





CLINIC ETIQUETTE:

Wear comfortable clothes and **enclosed** shoes suitable for exercise.

1 Upon Arrival

You may arrive up to 15 minutes prior to the commencement of your group class to collect your training program. Please remain in the waiting area until the Exercise Physiologist advises that the group class can commence.

2 Bring your own towel

Please bring a towel to cover any seats or benches when necessary



3 Make sure items are cleaned after you use them

You are required to wipe down the gym equipment as soon as you complete your exercise on each machine. You will find the wipes located through out the gym.



4 Respect the privacy of others

Show courtesy to others and acknowledge that the clinic can be a sensitive space where maintaining a welcoming and inclusive atmosphere is essential. Maintain a respectful distance from other clients to ensure they can exercise safely and feel comfortable in their personal space.

5 Keep us Informed

Please advise us of the following:

- your diagnosis has changed
- your medication type or dosage has changed
- you are feeling unwell or you have an injury
- any condition that may prevent you from performing your exercises safely
- you are uncertain in using the gym equipment or performing an exercise



6 Respect everyone deserves it

Vario Health Clinic is a place of respect for clients, employees and visitors. Offensive behaviour will not be condoned.

Plan ahead

- 7** After hospitalisation, surgery, or serious illness, you will require a medical clearance from your GP to resume your exercise program.
If you are absent from the clinic for a period of 3 months (12 weeks) or more, you will be required to book in for a reassessment prior to recommencing your group class.



CLIENT FEEDBACK- THANKYOU!

Exercise Physiology has been a life saver for me. Over the last couple of years I found myself tripping and falling frequently as a consequence of 'foot drop' caused by a damaged nerve. When the bones started breaking my confidence took a knock too. I knew I had to do something and my GP referred me to Vario. From day one the physiologists have been friendly, encouraging and ready to help. They formulated an exercise plan based on my abilities and have been on hand at all times to advice and guide my progress.

Recently, they introduced me to the Bio Circuit program and I find that it has taken my fitness level up a notch. There are a lot of notches to go, but I feel motivated and optimistic that my walking ability is gradually improving. I can't commend and thank Emma, Kate, Adam, Ross and the team enough for their genuine interest, patience and ongoing encouragement not just to me but to all the participants.

In addition to the friendly interaction with the staff I have noticed a definite camaraderie between the participants and the mental health benefits of that are not to be underestimated. The atmosphere is conducive to participation which is half the battle won when one is feeling less than 100%. I cannot recommend the EMFL program enough (and have been telling all my friends about it). It is a wonderful initiative and a very necessary program for people like me who have health related problems and would hesitate to go to a 'regular' gym. The internet is full of recommendations for seniors to exercise more and EMFL makes it a reality for me.

R.M





We continue to seek participants to join our **RESEARCH** exercise programs for the management of **Cancer**.

The Exercise Medicine Research Institute has improved clinical management of patients with cancer through world leading research studies & exercise programs.

Participation is free and supervised by highly experienced and qualified Exercise Physiologists.

Please contact us if you have the following:

- Prostate Cancer
- Pancreatic cancer
- Endometrial cancer
- Breast cancer (undergoing chemotherapy)

Exercise training sites are located at:
ECU Joondalup, ECU Mount Lawley, Fiona Stanley Hospital, West Coast Health Lathlain or via Telehealth.



Contact

PH: 6304 3444

E: trials@exercisemedicine.org.au

For more information please visit exercisemedicine.org.au



Ask the Expert Education Sessions

We would like to express our gratitude to everyone who participated in our *'Ask the Expert'* sessions focused on Prostate Cancer.

Attendees had the opportunity to pose unique and personalised questions to our experts, and this advice was greatly appreciated.

As we plan additional education sessions for 2025, we invite you to share any specific topics or ideas you would like to learn more about.

Host:
Prof. Rob Newton
Deputy Director
Exercise Medicine Research Institute



Host:
Francesca Rogers
Urology Nurse Practitioner



Give back to EMRI and Vario Health Clinic

Together we can make a difference

Your support can help the team at the Exercise Medicine Research Institute to further advance and translate groundbreaking research into life changing exercise medicine, delivered here at Vario Health Clinic.

By making a donation you can help others benefit from our specialised treatment programs and first-in-Australia technologies. A small gift can have a huge impact to the lives of those living with cancer and chronic conditions.

To find out more or make a small contribution, chat to our friendly staff or scan the QR code.

