

NDIS EXERCISE PHYSIOLOGY

Each approach is unique to help build your capacity to empower your abilities, enhance activities of daily living, reduce the risk of further health complications and make the most of each day.



HYDROTHERAPY

Warm water exercise is a great way to move in ways that you may not be able to on land! The buoyancy and warmth of the water can help improve balance, increase range of motion, reduce pain and build strength, making it a great alternative to exercise for people living with a disability.



HOME VISITS

Our team can conveniently meet you at your home or local community setting with all the necessary equipment to meet their health and wellbeing goals. It is a great way to improve your ability to do your activities of daily living!



GYM

Our Exercise Physiologists can personalise a gym program to suit your goals. We can help you to:

- Improve Fitness
- Manage General Health
- Decrease Pain
- Increase mobility and independence
- Prevent Falls
- Build strength and flexibility
- Provide Education
- Enhance Coordination
- Minimise depression and anxiety symptoms
- Reduce spasticity and contractures.



TELEHEALTH

Stay connected with your Allied Health professionals anytime, anywhere! MyHealthPal powered by Healthstin is an easy-to-use platform that enables you to manage your health by connecting with your Allied Health professional. It's like having your own personal Allied Health expert in your pocket!



LEARN TO SWIM

Our Exercise Physiologists are also qualified Learn to Swim Instructors. We can help you learn the proper techniques for staying safe and healthy while in the water.



GROUP PROGRAMS

You don't have to be alone when you exercise. Healthstin provides several semi-private classes and group programs in the gym, hydrotherapy pool, and community settings. You can join our existing programs or create your own!

Healthstin is a NDIS Registered Provider for Capacity Building Supports:

- ✓ Improved Health and Wellbeing
- ✓ Improved Daily Living
- ✓ Improved Social and Community Participation

Get started today with a comprehensive assessment (no waitlists!)

- 📞 Call: 1300 090 931
- ✉ Email: info@healthstin.com.au
- 🌐 Website: www.healthstin.com.au
- 📍 Location: Melton Waves Leisure Centre, Melton, VIC

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