



EXERCISE PHYSIOLOGY



What is Exercise Physiology?

Accredited Exercise Physiologists (AEPs) are university-qualified allied health professionals who specialise in exercise and lifestyle programs to prevent and manage chronic conditions, injuries, and disabilities. Using evidence-based practice, AEPs deliver safe, effective exercise interventions to support your health and wellbeing goals.

How Can Exercise Physiology Help You?

Our AEPs at Determined2 are equipped to assist individuals with a wide range of conditions and goals, including but not limited to:

- **Managing Chronic Conditions**
Including diabetes, cardiovascular disease, respiratory conditions, and more.
- **Injury Rehabilitation**
Supporting recovery and improving function after musculoskeletal injuries.
- **Neurological Conditions**
Designing programs to help manage symptoms and improve mobility for conditions like multiple sclerosis, cerebral palsy, and stroke.
- **Pain Management**
Targeted exercise programs to reduce chronic and acute pain, and improve quality of life through evidence-based movement strategies.
- **Disability Support**
Creating accessible and effective exercise programs tailored to individual needs and abilities.
- **Mental Health**
Utilising exercise to positively impact mental wellbeing, reduce symptoms of anxiety and depression, and improve self-esteem.
- **Improving Physical Function**
Increasing strength, flexibility, balance, and overall physical capacity for daily living activities.
- **Weight Management**
Developing sustainable exercise plans to support healthy weight goals.

Why Choose Determined2?

Established in 2015, our mission is to empower individuals to improve their physical, mental, and social health through tailored physical activity programs.

- **Certified Social Enterprise**
As a registered social enterprise, we reinvest in our people and our purpose—supporting positive outcomes for the community.
- **Community-Based Setting**
Our services are delivered in welcoming and accessible community spaces that support inclusion, connection, and social participation.
- **Person-Centred & Co-Designed**
We work with you to tailor your program to your goals, preferences, and needs.
- **Lived Experience Approach**
We bring empathy and insight through personal experience, creating a deeper connection to your journey.
- **Flexible Delivery**
We offer consultations, supervised 1:1 gym and hydrotherapy sessions, telehealth, and home visits to suit your needs.
- **Qualified Professionals**
All services are delivered by university-trained, ESSA-accredited Exercise Physiologists.

Get in touch

- 📞 [0417 932 466](tel:0417932466)
- ✉️ bookings@determined2.com.au
- 🌐 determined2.com.au



Registered
NDIS
Provider



How to Access Our Services

Determined2 is a registered NDIS provider of Therapeutic Supports, Exercise Physiology services can be accessed under Capacity Building – Improved Daily Living or Capacity Building – Improved Health and Wellbeing. A specific reference to Exercise Physiology is not required in your NDIS plan to access our services.

Our services can also be funded for individuals with:

- Workplace injuries (WorkCover)
- Motor Vehicle Injuries (LSA)
- Aged Care Packages
- Private/Self-funded

We recommend contacting Determined2 directly to discuss your individual circumstances and explore the best funding options for you.

How do I get started?

Your journey with Determined2 Exercise Physiology will begin with an initial consultation. During this session, your AEP will conduct a comprehensive assessment to understand your medical history, current condition, physical capabilities, and personal goals.

Following the assessment, your AEP will design a personalised exercise program specifically for you. Subsequent sessions will involve supervised exercise, ongoing support, education on managing your condition through exercise, and regular review and adjustment of your program as you progress.

Contact us today to book your initial consult!



The Parks Recreation and Sports Centre, 46 Cowan St, Angle Park, SA 5010

How do I refer someone?

To refer someone for Exercise Physiology, click the button '**Refer Now**' on our website. Alternatively, you can provide us with the participants contact details via email or phone and we will contact them about making the next steps.



SCAN OR CLICK THE QR CODE TO ENQUIRE NOW!

