

Green Apple Wellness Centre PATIENT INFORMATION

What is Green Apple Wellness Centre

Our objective is to provide a place where non-gym people can exercise in a fun, safe and non-threatening, happy environment. Our focus is on wellness which means we are asking you to come to us to feel healthier, even if you are not unwell by any normal medical standards – to feel stronger, slimmer, happier, more alert and to fight the symptoms of ageing, and to help manage chronic conditions.

We specialise in exercise for medical conditions including osteoporosis, diabetes, arthritis, back pain and weight loss with exercise in the gym, in supervised group classes or in the pool.

Medicare referrals are accepted from doctors including Care Plans.

Exercise prescription is with Exercise Physiologists whom can identify which exercise is required in any situation, tailored to your needs

What do I need to do to find out more and what to expect

Give us a call on 3261 1249 to book a FREE initial consultation

When you arrive, we will get some information from you and what you wish to achieve and how you want us to help you.

We will give you a tour through Green Apple Wellness Centre and then discuss what best pathway suits your needs. We have a few different pathways you can follow but all are customised for you

Programs that Green Apple Wellness Centre Offer

Heartgrooves (supervised group class is a low to moderate intensity exercise program consisting of progressive resistance training, cardiovascular and strength work)

Lift for Life (supervised group class using strength training that maintains and improves muscle mass to assist blood glucose management for people with type 2 diabetes)

Lungs in Action (supervised group class for those with a stable chronic lung disease or breathing challenges)

Steady Steps (supervised group class for fall prevention, better balance, co-ordination and strength with an emphasis on fun)

Lifestyle Wellness Program (total care service)

Beat It Group (FREE funded program with Diabetes Australia for those with T1D, T2D, Gestational diabetes)

Hydrotherapy (small supervised group class in water, with the focus on individual programming)

Arthritis Moves (FREE Group Online program with Arthritis Qld)

Pilates (Mat group classes/Reformer one-on-one sessions)

My Health for Life (FREE healthy preventative lifestyle program)

Care Plan consultations (Medicare Referral from your doctor)

NDIS (Registered NDIS Provider – offering support services within the capacity building budget using Improved Daily Living and Improved Health and Wellbeing)

T2D Group Education (Medicare Referral from your doctor to attend an 8-week educational and physical exercise group)

Paediatric (Prescriptive Exercise from the age of 5 upwards)

Home Health Service (for those unable to come onsite - Telehealth consultations)

DVA (Individual Exercise Prescription for Veterans)

Allied Health Providers - **Accredited Exercise Physiologists - AEP**

Practice Name and Address - **Green Apple Wellness Centre, 21 Bald Hills Road, Bald Hills, Brisbane, QLD, 4036**

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