



**IPC Health
Corporate Office**

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Deer Park

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St Albans

1 Andrea Street
St Albans 3021

Sunshine

Level 1, 499 Ballarat Road
Sunshine 3020

Altona Meadows

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Altona Meadows 3028

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ipcHealth

Exercise Physiology



Is there a fee?

A fee may apply to this service. To learn more, please contact our Client Services team.

Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.



IPC Health acknowledges the support of the Australian and Victorian Governments.

How can an exercise physiologist help?

Our exercise physiologists help to manage your health conditions or injury with education and exercise.

Exercise Physiologist services include 1 on 1 exercise programming and support, exercise groups and can help you find a local exercise group to suit your needs.

Regular Exercise can help improve your quality of life and management of:

- type 2 diabetes
- weight management
- chronic disease
- long COVID-19
- osteoporosis and osteoarthritis
- pain management
- cancer
- balance and fall risks
- incontinence
- mental health

Exercise physiologists are professionals who help you to:

- improve your health and fitness using physical activity
- move better and move more
- feel fit and strong again after an injury or illness
- assist you to manage and live with your chronic disease
- improve your mental health and wellbeing
- create an exercise program that suits you
- stay well and achieve your goals

Who can use this service?

IPC Health provides exercise physiology services to people of all ages who live, work or study in Brimbank, Wyndham or Hobsons Bay.

How do I book an appointment?

Contact your nearest IPC Health campus. You might have to wait before an appointment becomes available.

