

# EXERCISE PHYSIOLOGY

Tayla Atkinson Exercise Physiologist

Exercise can assist in the management of a range of mental health conditions & disabilities including:

Anxiety  
Depression  
PTSD  
Autism  
Asperger's  
Intellectual Disability  
Trauma

& a range of other mental health conditions

## How is exercise beneficial?

- Increase social supports, independence & confidence
  - Improved sleep
- Reduced risk of other chronic health conditions e.g. diabetes, CVD, obesity
  - Improved co-ordination, motor skills & sensory processing
- Prevent/manage medication related weight gain

**When:** 2nd Friday of each Month, 9:30am—12:00pm

**Where:** headspace Toowoomba, 1 Snell Street

**To Book Contact:** 07 4639 9000

**ALL AGES  
WELCOME**

**MEDICARE  
BULK BILLED  
AVAILABLE WITH  
GP REFERRAL  
UNDER A 'GP MANAGEMENT  
PLAN (GPMP)'**

**NDIS CLIENT  
WELCOME  
(WITH IMPROVED HEALTH AND  
WELLBEING )**

**INDIVIDUAL &  
GROUP CLASSES  
AVAILABLE**

**GROUP CLASSES  
COMING!  
Better Movers  
Better Minds  
A.R.T**

**Talk to reception  
about how you  
can see the  
Exercise  
Physiologist .**



BETTER  
**MOVEMENT**  
CLINIC



**headspace**  
Toowoomba