

# Exercise and activity services within the CALHN catchment

The following is a list of services within and near the Central Adelaide Local Health Network (CALHN) catchment that promote exercise and activity. It includes services for people who may require a specific exercise plan as well as general services that promote a healthy lifestyle. Information and pricing are accurate as of August 2023.

## Free or low-cost services

### Individual (1:1) services

#### 1. Better Health Coaching Services

- Better Health is a free, evidence based, confidential telephone coaching service funded by Wellbeing SA to support South Australians to be active, eat well and reduce the risk of chronic disease
- South Australians aged between 18 and 74 years, with a BMI equal to or more than 27 and seeking support to build and maintain healthy lifestyle habits are eligible
- The program links participants with a qualified health professional who provides up to 10 free coaching calls over six months
- **Web:** <https://www.wellbeingsa.sa.gov.au/your-wellbeing/being-active-healthy/better-health-coaching-service>
- **Phone:** 1300 822 953

#### 2. Chronic Disease GP Management Plan and Team Care Arrangement (TCA)

- Up to 5 individual allied health services each calendar year
- Allied health services can include exercise physiology and physiotherapy if recommended by the GP
- Patients with type 2 diabetes can also access additional group services for exercise physiology, diabetes education and dietetics (8 sessions per calendar year)

#### 3. Centre for Physical Activity in Ageing

- Specialist rehabilitation unit located at Hampstead Rehabilitation Centre
- Offer general rehabilitation for clients with complex conditions including falls or multiple co-morbidities requiring close supervision by an exercise physiologist
- Requires a referral from GP
- **Web:** <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/hospitals/rehabilitation+services/outpatient+rehabilitation+services/centre+for+physical+activity+and+ageing/centre+for+physical+activity+in+ageing>



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**4. Physiotherapy Outpatient Service**

- Physiotherapy outpatient services are provided at both the Royal Adelaide (RAH) and The Queen Elizabeth Hospital (TQEH)
- Services include physiotherapy management (including exercise prescription) of adult musculoskeletal conditions
- Requires referral from a GP or allied health clinician
- Wait times will vary depending on the patient's clinical need and the level of demand on the service
- **Web:** <https://www.rah.sa.gov.au/health-professionals/clinical-services/allied-health/physiotherapy>

**5. UniSA Physiotherapy Clinics**

- Based at UniSA's City East, City West and Magill campuses, the Physiotherapy Clinic offers assessment and treatment across a variety of different areas
- Services are provided by professionally supervised final year undergraduate physiotherapy students, postgraduate students and / or fully qualified physiotherapists
- Standard fees for student-delivered services are \$20 for an initial consultation and \$15 for a subsequent consultation. Concession fees are \$10 for both
- **Web:** <https://www.unisa.edu.au/connect/community-clinics/physiotherapy-clinic/>

**6. UniSA Exercise Physiology Clinics**

- Based at UniSA's City East, City West, and Magill campuses, the Exercise Physiology Clinic offers specialist exercise prescription services to the community to assist with the management and prevention of chronic health conditions, musculoskeletal rehabilitation, medical conditions, disabilities and mental health conditions
- Services are provided by final year undergraduate exercise physiology students under the supervision of accredited exercise physiologists, or directly by accredited exercise physiologist
- Standard fees for student-delivered services are \$20 for an initial consultation and \$15 for subsequent consultation. Concession fees are \$10 for both
- **Web:** <https://www.unisa.edu.au/connect/community-clinics/exercise-physiology-clinic/>

## Group services

### 1. Strength for Life – COTA (Council of the Aging)

- Initial assessment followed by group-based sessions – each individual works to a personalised program. Also offer Aqua programs (pool-based)
- South Australians aged 50+ (40+ for Aboriginal and Torres Strait Islanders and people from refugee background) are eligible
- Group classes range from \$10 (run by a fitness instructor) to \$12 (run by an exercise physiologist) per session
- **Web:** <https://cotasa.org.au/programs-and-services/strength-for-life>
- **Phone:** (08) 8232 0422
- You can also access the strength for life online videos at:  
[https://www.youtube.com/watch?v=xR1iKfCiiNo&list=PLMo7gORxrRhVmzpxE7a1\\_qvCTzljm-w2V](https://www.youtube.com/watch?v=xR1iKfCiiNo&list=PLMo7gORxrRhVmzpxE7a1_qvCTzljm-w2V)

### 2. UniSA Exercise Physiology Clinics

- Based at UniSA's City East, City West, and Magill campuses
- Services are provided by final year undergraduate exercise physiology students under the supervision of accredited exercise physiologists
- Offer small group exercise sessions for \$12 (max 3 people) and large group exercise sessions for \$7 (max 12 people). Concession rates available
- **Web:** <https://www.unisa.edu.au/connect/community-clinics/exercise-physiology-clinic/>

### 3. Councils

- Many local councils offer affordable exercise classes or can help link you to local fitness programs or gyms in your area. These options are often aimed at people over 50
- Visit your local council's website or give them a call to find out more

### 4. Heart Foundation Walking Groups & Personal Walking Plans

- Free personal walking plans (online)
- Search online for a walking group near you (various locations)
- **Web:** <https://walking.heartfoundation.org.au/>

### 5. Centre for Physical Activity in Ageing

- Requires a referral from a GP
- Offer 3 general exercise and walking programs (staying fit and healthy classes, starter circuit program and circuit exercise program)
- **Location:** Centre for Physical Activity in Ageing, Hampstead Rehabilitation Centre, 207-255 Hampstead Road, Northfield or in various locations within at the Port Adelaide region
- Contact the Centre to find out which programs and services operate on a fee-for-service basis
- **Phone** (08) 8222 1891
- **Web:** <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/hospitals/rehabilitation+services/outpatient+rehabilitation+services/centre+for+physical+activity+and+ageing/centre+for+physical+activity+in+ageing>

## Privately funded

### Individual and group therapy

#### 1. Physiotherapy and Exercise Physiology (Private)

- No referral required
- Self-funded – Claimable if have private health (check with your health fund)
- Many practices will offer group options
- Find a physio near you <https://choose.physio/find-a-physio>
- Find an exercise physiologist near you <https://www.essa.org.au/find-aep/>

#### 2. My Aged Care Providers

- If you have access to The Commonwealth Home Support Programme (CHSP) or a Home Care Package (HCP), you may be able to allocate funding towards allied health (eg. physiotherapy and exercise physiology) or group exercise services
- Search for a provider near you: <https://www.myagedcare.gov.au/find-a-provider>
- Call My Aged Care on 1800 200 422 for further assistance

#### 3. Gyms

- Many gyms will offer 1:1 personal trainer sessions or group sessions
- Some health funds subsidise personal trainer or gym memberships if it is necessary to treat a specific medical condition (check with your health fund)

#### 4. Recreation and Sports Centres

- Recreation and Sports centres offer services (including group classes) that can be accessed without a membership and instead paid as a 'casual admission'. Some offer subsidised prices for older adults (check each centre for details).
- *ARC (Campbelltown)* – Gym, pool and group fitness options  
**Web:** <https://www.arccampbelltown.com.au/>
- *St Clair Recreation Centre* – Gym and group fitness  
**Web:** <https://www.stclair.ymca.org.au/>
- *The Parks Recreation and Sports Centre* - Gym, pool and group fitness options  
**Web:** <https://www.parksrsc.ymca.org.au/>
- *The Lights Community and Sports Centre* – Gym and group classes  
**Web:** <https://www.thelights.com.au/>

### For more information

[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

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