

WHAT IS AN ACCREDITED EXERCISE PHYSIOLOGIST?

Accredited exercise physiologists (AEPs) specialise in clinical exercise interventions for persons at high-risk of developing, or with existing chronic and complex medical conditions and injuries.

These interventions are provided by exercise delivery including health and physical activity education, advice and support; and lifestyle modification with a strong focus on achieving behavioural change.

AEPs are recognised allied health professionals and are specialists in their field, displaying a diverse range of knowledge and skills, working across a variety of areas in health, exercise and sport.


The aim of an AEP intervention is to prevent or manage chronic disease or injury, and assist in restoring one's optimal physical function, health or wellness.

WHAT MAKES ACCREDITED EXERCISE PHYSIOLOGISTS

DIFFERENT TO OTHER EXERCISE PROFESSIONALS?

THE DIFFERENCES ARE:

-  They are university qualified
-  They undertake strict accreditation requirements
-  They are eligible to register with Medicare Australia, the Department of Veterans' Affairs and WorkCover and are recognised by most private health insurers

-  They can treat and work with all people. From those who want to improve their health and wellbeing to those with, or at risk of developing, a chronic illness.

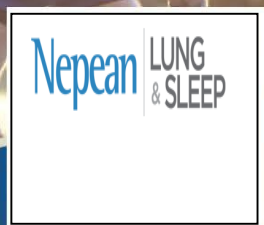
Accredited Exercise Physiologists are different by the possession of extensive knowledge, skills and experience in clinical exercise delivery and their ability to provide health modification counselling for people with chronic disease and injury.

WHY SHOULD YOU SEE AN ACCREDITED EXERCISE PHYSIOLOGIST?

Accredited Exercise Physiologists are the experts in prescribing the right exercise to help you prevent/manage your chronic disease, help you recover faster from surgery or an injury or help you maintain a healthy lifestyle.

ACCREDITED EXERCISE PHYSIOLOGISTS CAN HELP TREAT AND OR/MANAGE:

- Diabetes and Pre-Diabetes
- Cardiovascular disease
- Obesity
- Different forms of cancer
- Depression and mental health conditions
- Arthritis and osteoporosis
- Chronic respiratory disease and asthma
- Musculoskeletal injuries
- Neuromuscular disease
- And many, many more...



ABOUT ME Sam Conway

I am an Accredited Exercise Physiologist, I graduated from the University of New South Wales in 2015 and have met the standards of Exercise Sports Science Australia for the Award of AEP. I have since been working with Dr Donald Lee at Nepean Lung and Sleep. I have experience working with many different types of people, who suffer from and live with various chronic diseases. During University my main areas of work were chronic pain (neurological or musculoskeletal) and metabolic disorders. I enjoy working with patients to achieve their health goals and in building their own belief that they can change their situation for the better.

Working with Dr Lee, I have developed a keen interest in the management of respiratory diseases and am excited to work with even the most severe cases.

I will happily see anyone who wishes to utilise my services.

My Services

- Chronic Respiratory Disease Management
 - Submaximal cycle ergometry
 - Functional exercise programming
 - Combined aerobic and resistance training
- Metabolic Disease Management
 - Resistance training
 - Encouraging lifestyle change
 - Building health self-efficacy
- Managing Musculo-Skeletal Conditions
 - Resistance training
 - Functional exercise programming
 - Falls prevention



CONTACT INFORMATION

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