

FREE CPD for GPs, Nurses and Allied Health Professionals

Exercise
is Medicine[®]
Australia

EXERCISE IS MEDICINE[®]

- » Educates primary healthcare providers on the role of physical activity in the prevention and management of chronic disease, and advocates for multidisciplinary care.
- » Empowers healthcare providers to effectively counsel patients about physical activity leading to sustained behaviour change.



Education available Online: exerciseismedicine.com.au/eim-education/ or Face-to-Face

LEARNING OBJECTIVES

- » Describe how exercise can be used to prevent and manage patient chronic conditions.
- » Recognise the importance of graded exercise therapy in relation to patient safety.
- » Recall key aspects of the Australian Physical Activity Guidelines.
- » Describe behaviour change strategies specific to the adoption of physical activity.
- » Outline existing physical activity assessment tools in medical software including Medical Director and Best Practice.

RACGP

This education is a CPD Activity under the RACGP CPD Program and is eligible for **4 Points**.

APNA

This activity has been endorsed by APNA according to approved quality standards criteria and is eligible for **2 CPD hours**.

ACRRM

This activity is accredited by ACRRM and is eligible for **2 Core Points**.

Contact the EIM Project Officer by emailing info@exerciseismedicine.org.au or calling **07 3171 9669**

