

Continuity Program

A tailored progression plan for long-term recovery, work readiness and sustainable performance.

The Continuity Program is designed for clients who have completed a Specialised Health program and want to continue building strength, capacity and consistency in their day-to-day and work-related activities.



The Continuity Program provides monthly reviews and guided sessions that adapt to your recovery stage and work goals. Each session includes:

- A review of current functional capacity against your current work demands
- Progression of strength, endurance and movement-based activity
- Refinement of pacing, energy management and load tolerance
- Education on recovery strategies to prevent relapse or overexertion

Who Is It For?

The Continuity Program is ideal for clients who:

- Have completed a Specialised Health program and are preparing for or maintaining work readiness
- Require structured progression to safely improve work capacity and durability
- Benefit from ongoing accountability and expert support to sustain gains and prevent setbacks



How Long Is It?

The Continuity Program runs for 6 months, providing structured, long-term support and progression.

Each month includes dedicated one-on-one review time and personalised plan updates to ensure your program evolves as your recovery continues. This allows steady improvement and sustained outcomes into the future.

What Can I Expect to Achieve?

Develop the strength, endurance and confidence to work well, stay well and perform sustainably. The Continuity Program ensures your recovery becomes long-term resilience - not a short-term fix.

Continue your recovery journey with confidence and build lasting strength for work and life.