

HEADSTRONG™

A 12 week wellbeing and functional upgrading program aimed at improving your mental health.

Via the Headstrong program, our Exercise Physiologists combine the latest research on exercise and wearable technology and use it to help you start, and maintain, a healthy lifestyle routine which boosts your mental health and wellbeing.



Exercise and its benefits in relation to mental health conditions has been widely researched. Studies have shown that exercise can lead to benefits in many facets of mental health including stress management, resilience and mood but how do you know how much exercise is right for you? How long should I be exercising for? What should I do? How hard should I workout? How much should I rest?

With the latest smart watch and a daily heart rate variability (HRV) score, our Exercise Physiologists can help you to answer all of the above and help you to build your function with a routine which works for you!



What is Heart Rate Variability (HRV)?

HRV is commonly used for optimising athletic performance but it also has fantastic applications in the rehabilitation world. HRV is the time that elapses between each of your heart beats and day to day variations in your HRV can provide insight into the state of your body by showing the 'health' of your autonomic nervous system.

What Does the Program Involve?

Depending on your location you'll participate in either face-to-face or video conference sessions over the 12 weeks and during every 1-on-1 session with your personal Exercise Physiologist you'll receive coaching on how to monitor and interpret your daily HRV score, advice on the type and intensity of the exercise you should be performing as well as 1-on-1 supervision during your actual workouts.

Headstrong is the ultimate tool in helping you get your mental health back on track!