

RECHARGE PROGRAM

by **SPECIALISED** Health+



What is it?

ReCharge is an 8 session wellness and exercise based program focused on improving your physical strength, fitness, health and wellbeing.

Whilst you'll receive guidance and education on all aspects of the 4 pillars of health, being Activity, Nutrition, Mindfulness and Sleep, you'll also receive 4 one-on-one, 60min exercise sessions aimed at helping you to implement an exercise regime that's tailored specifically to you and your needs.

Who is the ReCharge Program for?

Specialised Health's ReCharge program assists those with a physical or psychological injury and helps clients to establish a daily practice of evidence based, healthy lifestyle behaviours which aim to improve function and quality of life.

What does it involve?

All participants in the ReCharge program will receive the following:



Session 1: Activity principles

Learn how exercise can help in the management of your injury or illness and receive an individualized activity program that tailors towards YOUR goals.



Session 2: Exercise session

Participate in a supervised, 60min, one-on-one exercise session with your personal Exercise Physiologist



Session 3: Nutrition principles

Understand how nutrition impacts recovery and receive a meal plan incorporating healthy eating guidelines.

Session 4 and 5: Supervised Exercise Sessions



Session 6: Mindfulness principles

Understand the triggers that may increase stress and learn how to incorporate activity and mindfulness as management strategies.

Session 7: Supervised Exercise Session



Session 8: Sleep principles

Learn the principles of sleep hygiene and be provided an individualized plan to improve sleep.

Where is it?

The ReCharge program can be delivered either face to face or via video conference and you have the option to choose your own path.*

Specialised Health has a team of 30 experienced Exercise Physiologists throughout Australia and New Zealand.

Meet a member of our team face to face or connect via video-conference with any of our brilliant practitioners across Australia or NZ.

If you're interested in participating in the ReCharge program contact us at admin@specialisedhealth.com.au or advise your Case Manager.

* Face to face programs are subject to location and Exercise Physiologist availability