

# RECONNECT PROGRAM

**SPECIALISED** Health+



## What is it?

The Reconnect Program is a 4-week program facilitated by an Exercise Physiologist focusing on the 4 pillars of health and wellness being Activity, Nutrition, Stress Management and Sleep.

## What is an Exercise Physiologist?

An Accredited Exercise Physiologist (AEP) holds a four year university degree and specialises in prescribing exercise and movement for the management of chronic diseases and illnesses, including mental illness.

## Who is the Reconnect Program for?

Specialised Health's Reconnect program assists those who have been diagnosed with a mental illness 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?

The Reconnect program is a mixture of education and practical sessions covering the below:



### ACTIVITY

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



### NUTRITION

Understand how nutrition impacts mental health and receive a meal plan focusing on healthy nutrition guidelines.



### STRESS MANAGEMENT

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



### SLEEP

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

## Where is it?

The Reconnect program can be delivered either face to face or via video conference.

Specialised Health has mobile Exercise Physiologists across NSW, QLD, VIC and SA and wherever possible will meet you at a nearby park or café so you can get outdoors and get the most out of your healthy lifestyle program.

## Case Study

48 year old male diagnosed with Melancholic Depression.

A 4-week Exercise Physiology program was provided including:

- Comprehensive assessment identifying baseline activity levels and physical capabilities
- 4 sessions provided covering the “4 pillars of wellness”.
- Prescription of exercise regime
- Facilitation of daily mindfulness practice

Outcome at 4 weeks after program completion:

- 50% reduction in Depression and Stress symptoms
- 75% reduction in Anxiety symptoms