



UNSW
SYDNEY



Ageing Well with UNSW Medicine Lifestyle Clinic and Clinical Exercise Physiology

The UNSW Medicine Lifestyle Clinic and Department of Exercise Physiology, in conjunction with collaborations across the Faculty of Medicine, research physical activity and structured exercise prescriptions for the prevention and management of chronic disease, injury and disability. Clinicians and researchers use exercise and education to enhance healthy ageing in the community.

Competitive advantage

- Internationally renowned research clinicians in mental health, intellectual disability, cardiovascular disease, and musculoskeletal rehabilitation
- Leading expertise in clinical accredited exercise physiology to improve mental, musculoskeletal, and cardiometabolic health in older adults, as well as improving health outcomes associated with intellectual disabilities, cancer, frailty and sarcopenia

Impact

- Creating National awareness of the benefits of clinical exercise physiology for the prevention and management of chronic disease in Australia
- One of the first Exercise Physiology Clinics in Australia to utilise Government funded telehealth services, enabling reach to rural and remote communities, as well as those isolated due to COVID-19

Successful outcomes

- Advising and influencing National and International exercise recommendations for improving mental health and cardiovascular disease outcomes through exercise
- Assisting in the creation of the first Australian Evidence Based Network for Exercise Physiology for Type 2 Diabetes

Capabilities and facilities

- State of the art research facility located adjacent to the Clinic in the Department of Exercise Physiology at UNSW Sydney
- Capability to develop an expansive repository of health and exercise research data to enable healthier choices through influential high-quality research, effective lifestyle education programs and leading network partners

Our partners

- Exercise and Sports Science Australia

More Information

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- Central and Eastern Sydney Private Health Network
- Sydney Partnership for Health, Education, Research and Enterprise
- Suicide Prevention Australia
- Liveable Communities Department of Community and Family Services
- NSW Ministry of Health