



Lifestyle Medicine Clinic

Wayne John
Accredited Exercise Physiologist

Lm
Lifestylemedicine

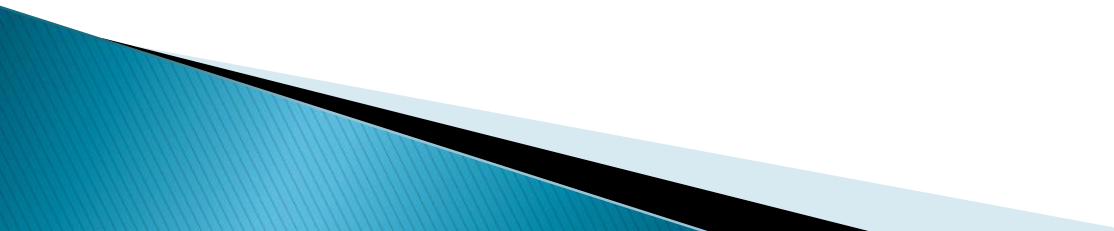
Lifestyle Medicine

- ▶ Lifestyle Medicine (Lm) is a new allied health, **lifestyle medicine**, **exercise physiology** and massage therapy practice in Murray Bridge
- ▶ The clinic location is 1 Fairway Court near the golf course and Murray Bridge CBD.
- ▶ Lm clients also use local gyms, pools and other exercise facilities.

Our Why – why Lm exists

- ▶ I partner with my clients so they can improve their health and change their lives.
- ▶ I specialise in using Lifestyle Medicine and Exercise is Medicine approaches to:
 - Promote improved health and
 - provide lifestyle management for people with chronic conditions or those at risk of developing chronic or lifestyle related diseases.

Lifestyle Medicine is...

- ▶ Preventing, managing and reversing chronic disease in professional practice
 - ▶ Focused toward improving health & wellbeing
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Your Lm team...

- ▶ Murray Bridge Lifestyle Medicine Clinic is operated by Wayne John an Accredited Exercise Physiologist and Health Promotion/Science Practitioner with post graduate qualifications and 28 years experience ensuring services are offered to the highest standard.



Lm services are integrated

- ▶ Lifestyle advice, health coaching and health plans are evidence based.
- ▶ Best practice, scope of practice, professional standards and ethical conduct guidelines are followed or exceeded.

Lm services are quality assured

- ▶ Member and AEP/AES accredited with **Exercise & Sports Science Australia (ESSA)** > 10 years.



- ▶ Member Exercise is Medicine Network.
- ▶ Member Australasian Society of Lifestyle Medicine.
- ▶ Completed Quality Improvement (QI) training for allied health with the QI Foundation.

Health Management Programs

- ▶ Cancer
- ▶ Cardiovascular
- ▶ Diabetes
- ▶ Injury Rehab
- ▶ Healthy Ageing
- ▶ Lifestyle Advice and Education
- ▶ Specialist Exercise Prescription



Types of clients

- ▶ **Cardiac** – prevention, medical, post surgical, CVD (cardiac rehab – HeartSmart)
- ▶ **Diabetes** – prevention, IGT, T2D, IDDM
- ▶ **DVA** – all CDM & musculo–skeletal
- ▶ **Health & Lifestyle Advice**
- ▶ **Healthy Ageing** – improve muscle mass, fitness, better balance, reduce falls risk
- ▶ **Injury** – OA, LBP, work injuries
- ▶ **Metabolic** – prevention, obesity, IGT, BP
- ▶ **Surgical** – pre and post surgical knees, hips

Lm Services

- ▶ Individual Consultations
- ▶ Health Plans and coaching
- ▶ Better balance – over 50's fitness, balance & strength
- ▶ Access to local gyms
- ▶ Additional Services:
 - drug and alcohol testing
 - corporate and community health education
 - Clinical massage & vibrotherapy



Health Plans

- ▶ Low Cost
- ▶ Extra Inclusions
- ▶ Follow-up
- ▶ Integrated
- ▶ Convenient Location
- ▶ Health Plan Partnership



Better Balance

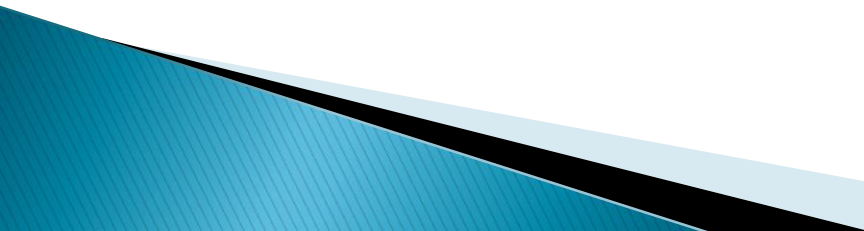
Ageing Well—Growing Stronger Group Exercise

Lifestyle Medicine's **Better Balance** group is especially designed for people over 50 to:

- Increase fitness and physical conditioning
- **Improve balance and coordination**
- Develop functional strength
- **Reduce the risk of falls.**



Rebates Available

- ▶ Medicare
 - Individual
 - Group Diabetes
 - (Up to 5 consults each year bulk billed...just ask your doctor if you are eligible)
 - ▶ DVA (GP referred – bulk billed)
 - ▶ Workcover insurers (GP referred)
 - ▶ Health Funds (can self refer)
 - ▶ Private funding (self referred)
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How exercise as medicine works

- ▶ **It changes the body's biochemistry** to create healthier cells – tissues – organs – systems – whole person
- ▶ **It normalises the body's physiology including:**
 - Lowers high blood pressure
 - Reduces HbA1c and improves glycemic control
 - Improves blood lipid profile
 - Reduces inflammation
 - Improves flexibility and mobility
 - Promotes healthier ageing
 - Creates feeling of health and wellbeing

Case Study #1 Ian D – aged 93

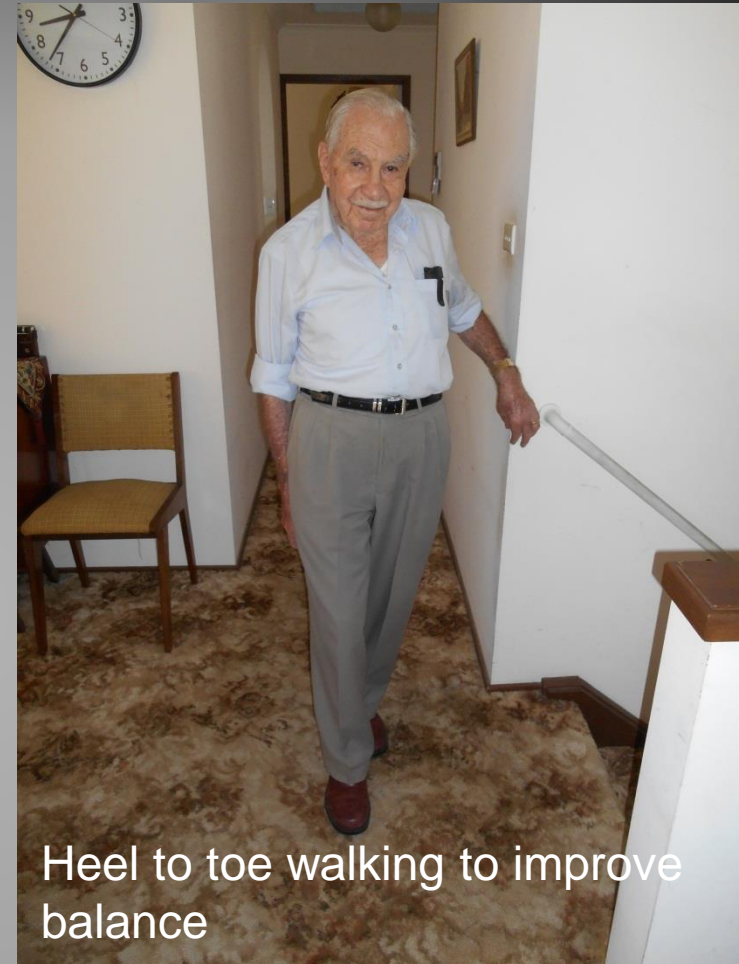
- ▶ DVA – Referred for poor balance
- ▶ PRESENTATION: Unsteady = high risk of falls
- ▶ Started resistance exercise & balance training

What happened after exercise training?

- ▶ Legs strengthened
- ▶ Balance improved
- ▶ No falls
- ▶ Able to continue living independent at home



High knee raises to strengthen leg and hip muscles



Heel to toe walking to improve balance

Ian D doing balance training

Come see me:

Wayne John

Accredited Exercise Physiologist
Massage Therapist

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My clinic just near Murray
Bridge golf course.



