

## Exercise Physiology

Exercise Physiologists at BT SPORTS & HEALTH CENTRES - Rehabilitation & Fitness have a wide range of knowledge about the human body and the benefit that exercise has on it, both mentally and physically. Our EPs specialise in improving your health through exercise and physical activity.

They can also advise on behavioral modification programs, can treat medical conditions such as obesity, arthritis, diabetes, cancer, osteoporosis, depression, asthma and cardiovascular diseases, as well as many other conditions. Developing new and healthy habits for patients to enable them to manage their medical condition in the best way possible is a large part of our program.

Exercise Physiology has an enormous effect on the musculoskeletal system, as well as on the cardiovascular and endocrine systems. It can be prescribed for a course of exercises for either fitness or rehabilitation. At BT SPORTS & HEALTH CENTRES - Rehabilitation & Fitness we are offering 'one on one' service as well as group fitness and rehabilitation.

Another important part of BT SPORTS & HEALTH CENTRES - Rehabilitation & Fitness is Diabetes Education as well as Pre & Post Surgery Rehabilitation. These services are conducted in cooperation between Physiotherapists, Exercise Physiologists, Podiatrist, Dietitian and Massage Therapist.