



**MEDICARE AND HEALTH  
FUND REBATE AVAILABLE**

**Back on Track is an exciting new program at East Gosford Physio which is designed to get you interested and motivated with exercise again.**



**Have you become more sedentary?**

**Do you get out of breath or puffed doing simple activities?**

**Have you lost your motivation to get moving?**

Well we can help you to get **Back on Track**, with our simple and effective 6 week program of physio clinic supervised and home based exercises.

We do the exercises with you, to get you **Back on Track** with your motivation. This individualized program is designed to help you become motivated again to join an exercise class or gym program and we have a safe and effective exercise class waiting for you.

**Keep Moving** is our brain, balance and strength exercise class which is available to you for exercise maintenance, once you are Back on Track, so you can stay on track and maintain long term healthy changes in your life.

**We will get you moving again!**



East Gosford  
Physiotherapy  
& Exercise Physiology



# Back on Track and Keep Moving will focus on the 7 key movement of life to keep you moving well!



If you have Type 2 Diabetes, this is an ideal program to feed into our cost free Kick Start program of medicare assisted group exercise called Keep Moving for Diabetics.

**Please contact us on:**

**43237499 or via [mail@eastgosfordphysio.com.au](mailto:mail@eastgosfordphysio.com.au)**

**If you would like to get Back on Track with your motivation and exercise.**

**Health Funds and Medicare rebates are available \***

\* conditions apply



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