**What is an Accredited Exercise Physiologist?**

**Who are they?**

An Accredited Exercise Physiologist (AEP) holds a four-year equivalent university degree and specialises in the exercise and movement for the prevention and management of chronic diseases and injuries. AEPs provide support for people with:

* + obesity
  + conditions such as cardiovascular disease
  + diabetes
  + osteoporosis and arthritis
  + mental health conditions
  + cancer
  + chronic pain and fatigue
  + post-surgical rehabilitation (ACL reconstruction, hip/knee replacement)
  + neuromuscular exercise therapy (multiple sclerosis, cerebral palsy, Parkinson’s disease)
  + pulmonary disease and more

Most importantly they help people move and exercise their way into a more healthy lifestyle.

**What makes Accredited Exercise Physiologists different to other exercise professionals?**

The differences are:

* They are university qualified
* They undertake strict accreditation requirements
* They are eligible to register with Medicare Australia, the Department of Veterans’ Affairs and WorkCover and are recognised by most private health insurers
* They can treat and work with all types of people, those who want to improve their health and wellbeing to those unfortunately suffering from a chronic illness.

AEPs are different by the possession of extensive knowledge, skills and experience in clinical exercise delivery and their ability to provide health modification counselling for people with chronic disease and injury.

**How are Accredited Exercise Physiologists different from Personal Trainers?**

Accredited Exercise Physiologists (AEPs) are university trained and have undertaken extensive training to treat clients with chronic conditions. AEPs do however treat those without any known conditions and help map out long term plans that help you achieve better health and prevent conditions such as diabetes and cancer.

Many AEPs are dual qualified as personal trainers, dietitians, physiotherapists, pilates instructors etc, they have the ultimate knowledge to help you use exercise effectively.

**How are Accredited Exercise Physiologists different from Physiotherapists?**

Accredited Exercise Physiologists and Physiotherapists are both allied health professionals, however AEPs primary focus is to use **exercise** to prevent, mange and treat complex medical conditions.  AEPs typically work with conditions such as (but not limited to): heart disease, diabetes, mental illness, delaying cognitive decline, some cancers, lower back pain, osteoporosis and osteoarthritis.

AEPs will utilise their skills in exercise prescription, combined with their training in behaviour change, to empower clients and assist them to manage their health independently.  Their skills are particularly well received by clients who are looking to age well and age independently.