



Take the first step

Call or email to book your comprehensive health and lifestyle assessment.

No referral necessary.

P: (07) 3443 2586

E: uqhealthyliving@uq.edu.au

A: UQ Healthy Living
 Centra, Suite 3
 37 Archer St, Toowong

uqhealthyliving.com.au



Get started	
Initial Health & Lifestyle Assessment	\$60
Session types	
Individual Consult (discipline specific)	\$40
Follow up	\$20
Group exercise session	\$10

Getting here

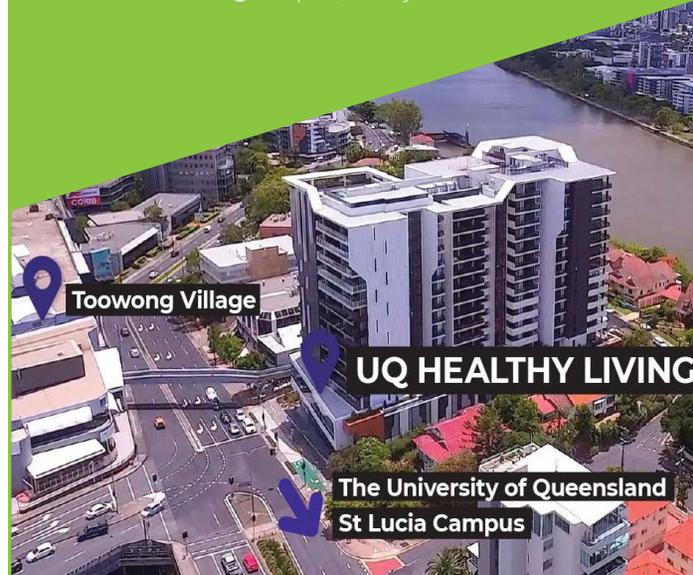
Visit us in the heart of Toowong, opposite the Toowong Library.

 We are a short walk from Toowong Train Station. Use the pedestrian walkway from Toowong Village over Benson St.

 Buses stop outside Toowong Village, on Benson St, High St, and Coronation Dr.

 The Regatta Ferry Terminal is 500 metres away on Coronation Dr, opposite Regatta Hotel.

 Street parking available nearby.



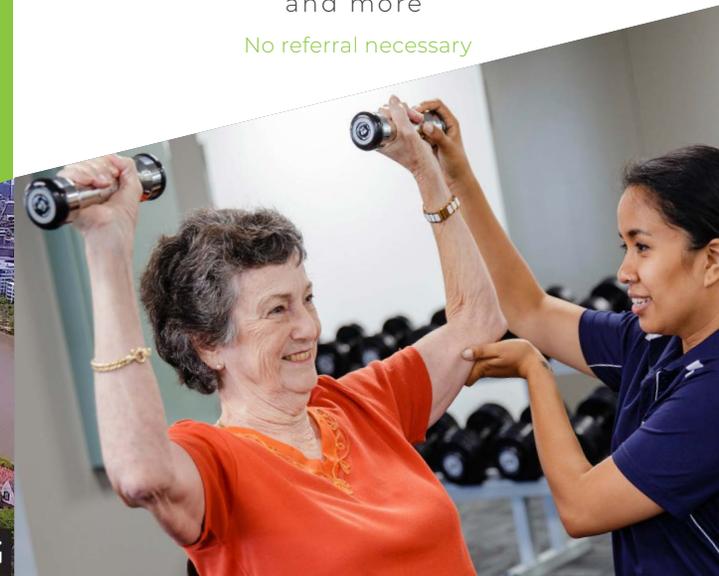
UQ Healthy Living

Healthy | Active | Independent

Health & lifestyle programs tailored to 50+

Health Strategies | Cardiac Rehab |
 Cancer Recovery | Pulmonary Rehab |
 Diabetes Support | Circuit Classes
 and more

No referral necessary





Live your best life with our support

Are you over 50 and interested in living well and preventing health problems? Are you a cancer survivor or managing a chronic disease? Have you had a heart attack or surgery?

The University of Queensland Healthy Living programs can help you feel better faster and boost your quality of life.

Quality care

You will be under the care of experienced clinical educators who will closely guide students as they contribute to your journey. Our educators are leaders in their field and direct students in best practice.

Your treatment is informed by the latest research as students bring new teachings and innovation to the front line of healthcare.

Be inspired by the team's energy and commitment to your success as they contribute to services including:

- psychology
- exercise
- dietetics
- nursing
- physiotherapy and more...

World class facilities

Access cutting edge facilities in our dynamic, supportive environment. Receive as much guidance as you need to ensure you get the most out of your experience.

Measuring your progress

Our SmartCard system records your exercise progress and alters individual machines to your prescribed resistance and posture requirements.

Safety

Your safety and well-being while engaging with any of our services and equipment is a priority. We closely monitor you before, during and after exercise and are trained to recognise and respond to your needs.

Your health & lifestyle journey

Unlike a gym, weight loss service, or regular solo practitioner, UQ Healthy Living gives you multiple perspectives on your care all cooperating under the same roof.



Start with a plan

Following an individual Health and Lifestyle Assessment we make a plan to meet your needs.

We consider your personal circumstances and goals when tailoring your plan and carefully select interdisciplinary support where needed.

Types of sessions

Depending on your objectives and clinical requirements, your plan may include individual consults, group exercise sessions or educational workshops.

Affordable rates

There are no joining fees or contracts. Our fees are eligible for rebate with some private health funds and Medicare.*

A summary of rates can be found over the page.

**With a GP Management Plan. Consult your doctor.*

