

ACCESS
FITNESS

www.accessfitness.com.au

OCCUPATIONAL THERAPISTS

PHYSIOTHERAPISTS

EXERCISE PHYSIOLOGISTS

ACCESSIBLE GYM

REHABILITATION CONSULTANTS

MPOT™

www.mpot.com.au

HEART DISEASE

REGULAR EXERCISE CAN BE AS EFFECTIVE AS MEDICATION, WITH LESS SIDE EFFECTS

Coronary heart disease, is a disorder of the arteries around the heart. These arteries are responsible for supplying oxygen and nutrients to the heart muscle. When these arteries become blocked, blood supply is reduced and insufficient levels of oxygen are delivered to the heart muscle. This can result in a heart attack.



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Both Aerobic and Resistance Training are Safe for People with Heart Disease

Moderate-intensity exercise can help prevent further narrowing of the vessels, prevents blood clots forming, increases blood supply to the heart muscle and maintains a normal heart rhythm. These changes reduce the load on the heart at rest and during exercise.

Our Exercise Programs can:

- Help you manage or even reduce the impact of your heart disease.
- Improve your exercise tolerance, physical function and quality of life.
- Reduce the risk of a secondary heart events.

WE CAN TAILOR A PROGRAM TO MEET YOUR NEEDS

- SERVICES CAN BE ACCESSED BY -

NDIS Participants | Privately Insured Clients | GP Plans | DVA Clients (Gold and White Card Holders)
Clients with Third Party / Compensable Claims - including
Workplace Injury, Motor Vehicle Accident, Income Protection / Disability & Public Liability

