



# ACTIVE MEASURES™

## Community Exercise

Run by an:

Accredited Exercise Physiologist  
Accredited Practising Dietitian

**Are you struggling with exercise?**  
**Do you need professional support and advice?**  
**The Active Measures program could be for you!**

Active Measures can support you in leading a healthier lifestyle. The program offers:

- One-on-one sessions
- Group based exercise classes

All services are run by an Accredited Exercise Physiologist & Dietician.

Medicare and private health rebates available.

### Eligibility

- Direct GP referrals accepted
- Self-referrals accepted
- 18 years and over

### FOR MORE INFORMATION

Please do not hesitate to call or email the Active Measures team or visit Arche Health's website.



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