

# MEET KATIE STEWART: THE EXERCISE THERAPIST

**KATIE STEWART (BHMS ESSAM AEP) IS ON A MISSION TO REFORM CORPORATE AND COMMUNITY HEALTHCARE WITH EXERCISE MEDICINE. HER GLOBALLY-AWARDED EXERCISE MEDICINE PROGRAMS COMBINE DECADES OF CLINICALLY PROVEN RESEARCH AND CLIENT-CENTRED CARE THAT REDUCES DISEASE BURDEN FOR PEOPLE WHO ARE LIVING WITH MENTAL AND PHYSICAL CHRONIC HEALTH CONDITIONS. KATIE'S PASSION FOR WHOLE-PERSON, VALUE-BASED CARE IS INSPIRING A DYNAMIC COMMUNITY THAT DARES TO CARE, DARES TO KNOW AND DARES TO CHANGE THE WAY HEALTHCARE IS DELIVERED.**

## Discover the benefits of Exercise Medicine with Katie Stewart.

### Are You?:

- ✦ Undergoing Cancer Treatment.
- ✦ In the Midst of Menopause.
- ✦ Living with Type 2 Diabetes.
- ✦ Managing Osteoarthritis.
- ✦ Requiring Rehabilitation After Surgery.
- ✦ Recovering from COVID-19.
- ✦ Facing Mental Health Challenges or a nagging, chronic mental illness.

Did you know taking regular doses of prescribed exercise can help you combat these health conditions, and many others?

Globally-renowned **Exercise Physiologist, Katie Stewart**, is the "go-to" person for anyone who wants to reclaim their lives via exercise.

Katie has dedicated her career to helping people with chronic health conditions minimise their symptoms, improve their quality of life and tackle the various mental and physical challenges that present along the way.

Perth locals know her as "The Exercise Therapist". Now people around Australia and the world are connecting with Katie in her **Virtual Care Clinic at Chronic Care Australia** where she dispenses personalised exercise prescriptions that have been clinically proven to get results. Katie works closely with each client's

primary care providers and specialists to generate the most effective whole-person treatments possible.

"Dare to Care. Dare to Know. Dare to Change" is at the heart of Katie's mission to make quality, value-based healthcare as accessible as possible.

Katie is always delighted to share her insights and provide wellness advice.

Providing expert commentary to various media outlets (TV, radio, print, websites, podcasts, and other digital platforms), participating in panel discussions, delivering keynote addresses and writing informative opinion pieces are areas where she excels as a communicator.

## From humble beginnings.

**Katie Stewart** was driven by personal experience to find a solution to the current mental and physical chronic disease epidemic in Australia.

"I've watched my mother navigate a severe mental illness for 35 years. Over her lifespan, the side effects of prescriptive treatments and the illness itself have impacted the quality of her life significantly, as well as her predicted life expectancy," she says.

Katie had also seen the high value impact of an effective exercise medicine program on her long-term client and fellow co-founder, Lisa Rowley. Lisa nearly lost her life to encephalitis. Katie worked with Lisa to restore her physical and cognitive function

with exercise medicine. This rehabilitation process was the seed that inspired three years of research and resulted in a globally celebrated exercise medicine program called **4 Point Medex™** that is used clinically throughout Chronic Care Australia's virtual and face-to-face clinics. This program helps people who have complex chronic conditions live well for longer.

Katie is a passionate and dedicated advocate for combining primary physical and mental health services to treat chronic disease. She sits on the local Advisory Board for the Heart Foundation and has enjoyed supporting and encouraging young exercise physiologists in her role as a sessional lecturer at Curtin University.

"Healthcare has entered an exciting space," says Katie.

"We now have the data and technology to start to predict and prevent expensive chronic conditions.

"The opportunity awaits for strategic public and private sector partnerships to generate health equity opportunities for all Australians using one of the cheapest and most effective prescriptions for chronic conditions — exercise medicine."

*"Exercise is an opportunity to stimulate new growth, inspire change & ignite hope in your mind & body."*

### Katie Stewart

BHMS, ESSAM, AEP, Director and Co-Founder, Chronic Care Australia & The Exercise Therapist



Connect with Katie, email: [katie@chroniccare.com.au](mailto:katie@chroniccare.com.au) or call 0417 080 671.

# CHRONIC CARE AUSTRALIA

**CHRONIC CARE AUSTRALIA (CCA) REDUCES THE BURDEN OF LIVING WITH CHRONIC HEALTH CONDITIONS. JOIN OUR POSITIVE, SAFE & SUPPORTIVE COMMUNITY AND DISCOVER HOW TO LIVE WELL FOR LONGER.**

## Chronic conditions are the leading cause of illness, disability and death in Australia.

Chronic Care Australia's vision is to provide healthcare solutions for all Australians who are suffering from chronic physical and mental conditions.



At CCA, we are committed to reducing the burden of chronic disease in our metro, remote and regional communities by delivering face-to-face and virtual (online) exercise medicine programs and services.

We have developed, validated and applied an exercise medicine delivery and prescription system that concurrently treats, manages and prevents physical and mental illnesses.

We triage the whole person so that all aspects of their healthcare journey are considered in our treatment plans. This integrated **4 Point Medex™** value-based method has become internationally renowned and is globally awarded.

## Virtual access for all Australians.

Our Virtual Care Clinic offers rural and remote patients access to the same high level of care that they would receive in metro areas.

This state-of-the-art clinic allows us to stay connected to our patients, cater to their specific needs and deliver clinically proven exercise programs in the comfort of their own homes.

CCA's experienced allied health therapists don't just want to treat and protect you from illness and injury, they want you to live well for longer.

### At Chronic Care Australia we support and care for our patients by:

- ✦ Including all reporting and paperwork in the price of our programs.
- ✦ Collecting relevant de-identified Patient Related Outcomes Measures (PROM's) that allow us to track progress, generate informative reports and collate evidence that underpins effective treatment approaches and clinical decision making.

- ✦ Using an easy-to-follow, online exercise program delivery system to ensure their goals are clear, safe and attainable.
- ✦ Working with GPs and patients to tailor the most cost-effective program for their financial capabilities, whilst achieving the highest healthcare value outcomes possible.
- ✦ Collaborating with our network of multi-disciplinary allied health service providers, including exercise physiologists, physiotherapists, occupational therapists and dieticians to ensure the best possible collective health outcomes.

Our eight and 12-week exercise medicine programs start from \$75 a week and include all group and individual appointments, as well as one-on-one reviews.

Patients who are on Chronic Disease Management (CDM) plans enjoy Medicare rebates.

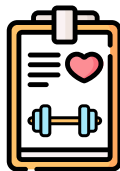
Private health rebates are available for those who are eligible.

# THE EXERCISE THERAPIST

**THE EXERCISE THERAPIST IS A GLOBALLY CELEBRATED PRIMARY HEALTHCARE SERVICE PROVIDER. ACCREDITED EXERCISE PHYSIOLOGISTS AND SPORTS SCIENTISTS SUPERVISE ALL OF OUR WELLNESS PROGRAMS AND GROUP TRAINING SESSIONS, SO YOU ARE SUPPORTED EVERY STEP OF THE WAY.**

## Set yourself on a pathway to wellness, disease prevention and longevity.

Thanks to decades of research and advances in the field of exercise physiology and epidemiology, we now know that movement is a medicine for the mind and body. The right exercise prescription can reduce the symptoms of depression, anxiety and stress. While another can reduce joint pain, improve posture and generate powerful anti-aging and disease protecting biochemistry.



At **The Exercise Therapist**, we've taken the rich history of movement and the modern science of exercise and translated it into a clinically effective, whole-person health and wellness treatment protocol.

After three years of targeted trials and research, we have distilled the fundamental elements of exercise therapy and created an innovative prescription protocol for optimising people's quality of life, preventing chronic disease and promoting longevity. It's called **4 Point Medex™**.



The Exercise Therapist's core pillars of therapy are: Strength, Mindfulness, Breath, Mobility and Cardiovascular Conditioning. They can be found in our curated offering of group training sessions, virtual classes and private programs which range from 10 days to four weeks. For those who have a more complex blueprint, we offer one-on-one consultations and ongoing private wellness case management.

## The Facts.

*The Exercise Therapist's range of wellness programs and services have been clinically proven to;*

- ✦ Improve blood pressure.
- ✦ Reduce body fat.
- ✦ Increase muscle tone and bone strength.
- ✦ Reduce blood sugar levels.
- ✦ Boost mood and sense of wellbeing.
- ✦ Improve mental clarity and cognition.
- ✦ Enhance sleep quality.
- ✦ Increase overall energy levels.
- ✦ Reduce the symptoms of depression by **37.9%**.
- ✦ Increase client's motivation to exercise for up to **300 days**.
- ✦ Reduce anxiety symptoms by **34.8%**.
- ✦ Reduce stress indicators by **34.9%**.
- ✦ Improve perception of general health and wellbeing by up to **78%**.

New Purpose-Built Facilities — Cottesloe Medical Centre, 525 Stirling Hwy Cottesloe WA 6011

✦ (08) 9385 1430 ✦ [theexercisetherapist.com](http://theexercisetherapist.com) ✦ [chroniccare.com.au](http://chroniccare.com.au) ✦ Virtual Clinic access available worldwide