

PROGRAM COSTS

A 10 week structured program

Payment of \$60 is required for the initial assessment and the balance of the program fee can be paid in 3 installments of \$100 each.

\$360

Follow-up consultations and re-appraisals are available after completion of the program.

Program discounted to \$300 for re-enrolling participants.



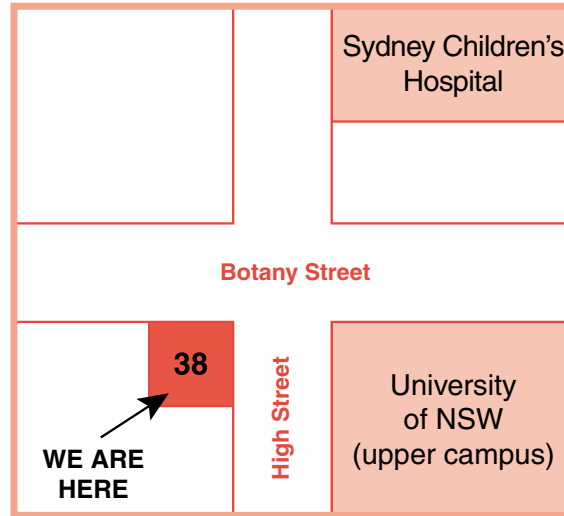
PROGRAM DATES AND TIMES

MediKids programs commence during week 1 of each school term.

Programs are conducted on Wednesdays and Fridays at 4.00 - 5.00 pm and 5.00 - 6.00 pm.

LOCATION

The Lifestyle Clinic is located at 38 Botany Street, Randwick (Corner of Botany and High Streets). Frequent bus services from Central Bus Station and the eastern suburbs stop directly outside the clinic.



REFERRAL FORMS

Referral forms for MediKids are available at:

www.lifestyleclinic.net.au

CONTACT US

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UNSW
MEDICINE
**Lifestyle
Clinic**

MediKids

Physical activity and lifestyle Programs



MediKids

PROGRAM AIMS

MediKids is a one-to-one exercise therapy and rehabilitation program for children with specific medical conditions. The program aims are to:

- ✦ increase functional capacity
- ✦ improve self-esteem and self-efficacy
- ✦ re-integrate the child into peer and community-based activities
- ✦ manage or prevent chronic disease, injury and disability

Children with the following medical conditions have previously participated:

- ✦ Acquired brain injury
- ✦ Incomplete quadriplegia

Targeted for school-aged children with musculo-skeletal, neurological, cardiorespiratory and metabolic conditions or presenting with risk factors for chronic disease or disability.

10 WEEK STRUCTURED PROGRAM

Programs commence each school term and include the following:

Initial And Final Assessment

A lifestyle and functional assessment to determine the child's physical capacity and develop specific activity goals.

Programs are supervised by exercise Physiologists, in liaison with treating medical and health professionals. Parent involvement in the consultations is encouraged.

16 one-to-one tailored activity sessions

Twice weekly activity sessions of 1 hour duration supervised by an exercise Physiologist. Indoor and outdoor activities are conducted addressing cardiorespiratory fitness, flexibility, muscle strength and endurance, motor control and co-ordination, self-esteem and self-efficacy.

Home-based activity program to enhance self-management



Education and support for the adoption of long-term healthy lifestyle habits.

