



# Exercise Right at Home

Are you sitting for longer and exercising less?

Are you “working from home”? Can we help you create a better work from home environment?

Eager to learn new exercises and more about managing your health?

Book in a telehealth consultation today with an  
**Accredited Exercise Physiologist from the  
UNSW Medicine Lifestyle Clinic**

We use **evidence-based practice** to design and deliver safe and appropriate individualised physical activity advice and structured exercise programs.

*Note: salary sacrifice options are available*

Contact us:

UNSW Medicine Lifestyle Clinic

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