



# Altius HELP

## A Health, Exercise & Lifestyle Program

Altius Group Holdings (Altius) is a registered NDIS Service Provider of Exercise Physiology and Physical Wellbeing Activities, provided by our exceptional team of Exercise Physiologists.

We have a proven track record in delivering evidence-based, individually tailored, exercise physiology programs to improve functional capacity and empower individuals to independently manage overall health and wellbeing.

We currently provide services to participants across Australia in Queensland, New South Wales, South Australia, Victoria and Tasmania.

Our holistic, individualised and quality approach to our NDIS participants, focusses on your life goals, helping you to maximise your function and capacity, promote your independence and facilitate your community engagement.

Altius Exercise Physiology programs provide a range of health benefits to participants such as:

- Weight loss
- Improved mood
- Reduction in chronic disease risk
- Enhanced memory
- Improved posture
- Increased energy
- Feelings of confidence and vitality
- Enhanced mental health
- Physical strength

Altius HELP is a fixed fee program incorporating assessment of a participant's health and lifestyle, exploration of a participant's current functional capacity, review of current physical activity and diet, leading to the establishment of short, medium and long term goals.



An individualised program of education and training is then created by our experts focusing on six key elements of a healthy lifestyle:

- ✓ The benefits of Consistent Exercise
- ✓ Good Sleep Hygiene
- ✓ Improved Mental Health
- ✓ Incidental Exercise
- ✓ Community & Social Engagement
- ✓ Health Mind, Body and Spirit

The program includes the provision of SMART Apps to support ongoing improvements in Health and Wellness, once the program is finished, ensuring that all the lessons learned during the program can be enhanced, whilst maintaining a participant's continued progress toward their goals.

Altius HELP is provided via a 15-hour program across a three month period, including assessment, 6 exercise and education sessions, reporting, and physical measurements to monitor progress. It is created in consultation with a participant's medical and therapy teams to ensure safe practice.

## Contact Us

To discuss a quote or service call:  
**1800 258 487**  
(ask to speak with NDIS Services)

Or email us at:  
**disabilityservices@altius-group.com.au**

Visit  
**[altius-group.com.au/news-and-research/news/national-disability-insurance-scheme-ndis](https://altius-group.com.au/news-and-research/news/national-disability-insurance-scheme-ndis)**

