

# Move to feel healthier

A support service to help with your recovery and fitness goals

Improve your physical health with the Exercise Program

Provided by an Accredited Exercise Physiologist

Activity plan to increase strength and function to get ready for work

8-12 week program, in-person at gym, home or remote

Tailored to your medical condition and recovery goals

Free service for Zurich customers on claim





The Exercise Program can support your physical recovery and return to work goals.



Connect with an Accredited Exercise Physiologists for a program tailored to your needs.

## About the Exercise Program

Regular movement is an important part of your health, wellbeing and recovery. It's even better when you can do it under the watchful eye of an experienced professional.

That's why we offer the Exercise Program to connect you with an Accredited Exercise Physiologist to help develop a tailored conditioning program to assist with your recovery and return to work.

Benefits of the Exercise Program include:

- Improving your function and movement
- Integrating exercise into daily life following an injury, illness or traumatic event
- Teaching you more about a healthy lifestyle
- Increasing the quality of your sleep
- Helping you get physically ready to return to work.

An Accredited Exercise Physiologist will begin your program by completing an assessment with you to understand your recovery and fitness goals. They will then meet with you regularly (either at a local gym, your home or remotely) to assist you in achieving your health goals. You can also set goals to improve your fitness and strength for work-related activities, such as lifting heavy objects or sitting for long periods. This program usually goes for 8–12 weeks, depending on your needs.



## A practical example\*

Joseph lodged an income protection claim due to a lower back condition and depression that was impacting his ability to work. Joseph discussed with his GP that, after being off work for 6 months, he was feeling fatigued and was struggling with a low mood and ongoing pain.

By participating in an exercise program, Joseph's Exercise Physiologist provided tailored exercises to strengthen his back and find ways for him to independently manage his pain. He was also provided education to better support his mood and fatigue.

At the completion of the program, Joseph felt stronger, healthier and was sleeping better. Joseph commented that he was spending more time being active with his family, able to do more around the home, and felt positive about being able to get back into work.

To get started or find out more simply chat to your claims consultant or email: [claims.rehabilitation@zurich.com.au](mailto:claims.rehabilitation@zurich.com.au)

\*This example is hypothetical and is not meant to illustrate the circumstances of any particular individual. Before acting on this information, you should consider the appropriateness of the information, having regard to your needs, financial circumstances and objectives.

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