



**DR NIKKY GORDON**  
**SPEAKER**

**FREE**

# **EXERCISE IS MEDICINE WORKSHOP SERIES**

**CPD  
POINTS**

---

**4X WEEKLY LIVE WEBINARS**  
4th | 11th | 18th | 25th November  
12:30pm-1pm

Learn more and sign up at  
[admin@hearthealthandfitness.com.au](mailto:admin@hearthealthandfitness.com.au)



## **EXERCISE IS BEST, CHEAPEST, MOST ACCESSIBLE MEDICINE AVAILABLE**

Presented by a local accredited exercise physiologist, the interactive workshop series (4x 30-minutes) details the role of physical activity in the prevention and management of chronic disease by treating physical activity as a vital sign. The suite of resources made available to participants will support them in their assessment, management and referral of patients with and at risk of chronic disease.

**For GPs, nurses and allied health professionals**

### **LEARNING OBJECTIVES**

- Describe how exercise can be used to prevent and manage patient chronic conditions
- Recognise the importance of graded exercise therapy in relation to patient safety
- Recall key aspects of the Australian Physical Activity Guidelines
- Describe behavior change strategies specific to the adoption of physical activity
- Outline existing physical activity assessment tools in medical software including Medical Director and Best Practice

### **CPD POINTS**

#### **RACGP**

Allocated 4 Category 2 points (Activity 182668) in the RACGP QI&CPD Program for the 2020- 2022 triennium, ACRRM Accredited Activity: 2 core points, APNA CPD Endorsed: 2 CPD hours.

#### **APNA**

2 CPD hours

2 CPD hours

2 Core points

Learn more and sign up at  
[admin@hearthealthandfitness.com.au](mailto:admin@hearthealthandfitness.com.au)