

Value

There are no joining fees or lock-in contracts. Head to our website for detailed fee information.

Get started	
Intake Health Assessment	\$90
Exercise Program Introduction	\$60
HUR wrist band (required)	\$20
Individual Consults (discipline specific)	
Initial Consult	\$60
Subsequent Consult	\$30
Group Exercise	
	\$ per class
Standard - Moderate support for highly independent participants.	\$13.50 (direct debit)
	\$15 (10 pass)
	\$18 (casual)
Category 1 - Elevated support to aid recovery from illness or injury.	\$17 (10 pass)
	\$20 (casual)
Category 2 - Intensive support for higher needs clients.	\$19 (10 pass)
	\$25 (casual)

Health Care Concession and Pension Card holders are eligible for a 10% discount on Intake Health Assessments and Exercise Program Introduction.

Some services eligible for rebate with some private health funds; or through Medicare with a GP Management Plan (Team Care Arrangement). Please consult your doctor.

To book your Health Assessment head to our website, call, or email. No referral necessary.

T (07) 3443 2586
E uqhealthyliving@uq.edu.au
W uqhealthyliving.org.au



Getting here

Visit us in the heart of Toowong, opposite the Toowong Library:

UQ Healthy Living
Centra, Level 3
37 Archer St, Toowong



We're a short walk from Toowong Train Station. Use the pedestrian walkway from Toowong Village over Benson St.



Buses stop on Benson St, High St, and Coronation Dr.



The Regatta Ferry Terminal is 500 metres away on Coronation Dr



Street parking available nearby.

CRICOS Provider 00025B

UQ Healthy Living

Discover health and wellbeing after 50

Healthy | Active | Independent | Connected





Live your best life with our support

Are you over 50 and committed to taking charge of your health and your life? UQ Healthy Living can support your physical, mental and emotional health.

Whether you're looking to build your social network, sharpen your memory, increase your energy, or if you're simply ready to eat, sleep and feel better, UQ Healthy Living can help you on your journey.

Services

Unlike a gym, weight loss service, or solo practitioner, UQ Healthy Living gives you multiple perspectives on your care all under the same roof, offering:

- Supported exercise with tailored programs
- Occupational Therapy
- Exercise Physiology
- Dietetics
- Physiotherapy
- Educational Workshops

Be inspired by our team's energy and commitment to your success. Talk to us about preventing, managing or recovering from chronic disease; cardiac and post-surgery rehabilitation; and practical ways to boost your quality of life.

Quality care

Our team of experienced allied health professionals is enhanced by a student presence. Qualified clinicians guide students as they contribute to your care. Our clinicians are leaders in their field and your treatment is informed by the latest research as students bring new teachings and innovations; as well as a valuable intergenerational dynamic.

World class facilities

Access cutting edge facilities in a supportive environment. A thorough induction to your personal **Healthy Living Exercise Program** and our intelligent **HUR equipment** will boost your confidence and your results.

Simple technology

Eliminate noisy weighted machines and manual adjustments, we've reimagined the gym atmosphere with the help of HUR user-friendly equipment.

This simple technology offers low starting loads of 100gm and employs pneumatic air resistance matched to the body's natural muscular movement to reduce the risk of injury. This ensures a smooth, safe workout for all.

Measure your progress automatically

Our SmartCard system records your exercise progress and alters individual machines to your prescribed resistance and posture requirements.

Safety

Your safety while engaging with any of our equipment is a priority. A qualified Exercise Physiologist and/or Physiotherapist attends gym sessions to answer your questions and offer support where required.

We can also monitor you before, during and after exercise if necessary and are trained to recognise and respond to your needs.

Your Healthy Living pathway

Get started

A comprehensive intake **Health Assessment** is your gateway to UQ Healthy Living's services. We take the time to understand your unique journey, including your circumstances and goals.

Exercise Program Introduction

Attend a personal Exercise Program Introduction to receive your bespoke training program.

Book your sessions

Schedule individual consults, group exercise sessions, or educational workshops, and discover a community of like-minded peers on the road to better health.

Program Review

Every three months we re-assess your fitness and condition to modify your program and ensure your progress.

