

CONNECTION THROUGH MOVEMENT STUDIO



University
of Otago
OTĀKOU WHAKAIHU WAKA



A MOVEMENT STUDIO BY THE SCHOOL OF PHYSICAL EDUCATION, SPORT & EXERCISE SCIENCES
LED BY POSTGRADUATE STUDENTS, STUDYING SPORT, EXERCISE AND HEALTH (CLINICAL EXERCISE PHYSIOLOGY)

DO YOU WANT TO EXERCISE IN A SAFE ENVIRONMENT?

We are seeking clients interested in improving their hauora through evidence-based exercise prescription.

Our supervised student-led clinical exercise prescription studio provides safe and individualised exercise interventions for people living with chronic and/or complex health conditions including:

Musculoskeletal Conditions

(e.g., arthritis, osteoporosis)

Cardiac & Circulatory Conditions

(e.g., heart disease, hypertension)

Neurological Conditions

(e.g., stroke, Parkinson's disease)

Metabolic Conditions

(e.g., diabetes, PCOS)

Respiratory Conditions

(e.g., asthma, COPD)

Older Adults

(falls prevention, healthy ageing)

*If you'd like support to be active in a safe and welcoming environment
—whether or not you have one of the conditions listed—
please get in touch with us.*

Information:

- The studio is run by post-graduate students & supervised by qualified staff.
- After an initial assessment, you will work in groups or one-on-one.
- Cost: Koha donation.

WHERE

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