

heart disease



Heart disease is the most common cause of death in Australia, and the numbers are on the rise.

By altering lifestyle habits such as quitting smoking, minimising drinking, developing healthy eating habits and increasing physical activity, the risk of developing heart disease drops by almost half.

It's time to reduce the risk of heart disease and promote a happy, healthier life.

2

oxigen**health**

oxigen**health** coordinates a self-paced 8 week program to encourage healthy lifestyle modifications, focusing on activity level and nutritional guidance.

Based on your own individual capabilities, our accredited exercise physiologists and trainers will offer you all the support and motivation you need to improve your health and wellbeing.

Rebates are available through Medicare and private health funds.



Medicare

For more information call **4367 6433**.

bring in this flyer and receive a
**complimentary
consultation**

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