

SCHOOL-AGE EXERCISE PROGRAMS

TRY OUR
TERM BASED
BODY BASICS
PROGRAM
TODAY



MINDFULNESS



PERFORMANCE



RESILIENCE



CONFIDENCE & TEAM WORK



SELF-MASTERY



FOCUS & CONCENTRATION

EXERCISE AS MEDICINE FOR DEVELOPING MINDS AND GROWING BODIES AGED 6-17 YEARS

Navigating normalised stress and low moods, clinical anxiety and depression, growing pains, hormones as well as social and school pressures with your child can be challenging.

At The Exercise Therapist we understand this, and we are here to support with our prescribed, term-based programs. We look forward to welcoming your child at our purpose-built facilities at the Cottesloe Medical Centre or to our after school co-curricular program offered on-site at St Hilda's.

"WE UNDERSTAND THE IMPORTANCE OF NURTURING A POSITIVE, HEALTHY RELATIONSHIP BETWEEN MIND & BODY DURING THE CRITICAL YEARS." – KATIE STEWART



REGISTER NOW FOR OUR TERM BASED PROGRAMS

TERM 1: 5 FEBRUARY – 30 MARCH

TERM 2: 22 APRIL – 15 JUNE

TERM 3: 29 JULY – 21 SEPTEMBER

TERM 4: 4 OCTOBER – 7 DECEMBER

In-clinic options available
(for or personalised and additional
group program options).

To find out more, go to theexercisetherapist.com or join our community on Facebook & Instagram @theexercisetherapist
Ground Floor, Cottesloe Medical Centre, 525 Stirling Hwy, Cottesloe (08) 9385 1430

REGISTER AT WWW.THEEXERCISETHERAPIST.COM/SHOP/P/STHILDAS