

life care active *life*
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**Rediscover
Your Active Life
with Life Care Active**



www.lifecare.org.au



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At Life Care Active, we're here to help you stay vibrant, strong, and mobile. Whether you visit us in our clinics at Payneham or Reynella, or prefer services in your home, we're your partner in health, fitness, and wellbeing for those 50+ in Adelaide.

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Tailored to You

We don't believe in a one-size-fits-all approach. Our specialised health and fitness services are designed specifically for your stage of life, ensuring they're relevant, effective, and tailored to your unique needs.

Move Better, Feel Better

Our range of services includes group and individual exercise sessions, Pilates, personal training, and more. Whether you're looking to boost strength, recover from surgery, or simply stay active, we have a program for you.

Specialised Support Programs

Managing a chronic condition? We offer specialised programs for Parkinson's, dementia and more, ensuring you receive the support you need to keep moving forward.

Funding Options

At Life Care Active, we offer flexible funding options to make our services accessible. You can pay privately, and we accept most private health rebates. We also support Chronic Disease Management (CDM) plans, Commonwealth Home Support Program (CHSP), NDIS and Home Care Packages. Speak to us to find out more about funding options that suit your needs.

Ready to embrace a more active life? **Call us at 1800 841 300** to speak to us today!



Services Delivered in the Comfort of Your Home

Physiotherapy

Podiatry

Occupational Therapy

Exercise Physiology

Personal Training

Massage

- Receive expert care and guidance without the need to travel.
- Enjoy a personalised fitness or rehabilitation program tailored to your home environment.
- Occupational Therapist support for home modifications, ensuring your living space is safe, accessible, and suited to your needs.
- Maintain your health and wellbeing with the support of our specialised team, right where you feel most comfortable.
- Ideal for those with mobility challenges or who prefer the convenience of in-home care.



Holistic Health, All in One Place

Our team of health professionals are experts in creating a seamless, holistic experience for you. From physiotherapy to personal training, every aspect of your health and fitness journey is covered. Visit one of our clinics to receive comprehensive care in a single location, making it easier to achieve your health and fitness goals.

Clinic Services:

Physiotherapy

Podiatry

Occupational Therapy

Exercise Physiology

Personal Training

Massage



Clinic Classes:

Pilates Equipment and Mat work

Strength and Balance

Active Moves

Fit and Functional

Life Fit

Beat Fit

Group Personal Training

Specialised Chronic Condition

Classes: Parkinson's/ Neuro

Moves/ MS Exercise

Wellbeing Programs

And much much more!

**We also offer Hydrotherapy
at partnering pools! Enquire Now!**