

Free Personalised Training Program

The University of Queensland is running a free weekly exercise clinic led by Clinical Exercise Physiology students. This program specifically caters for those with Type 2 Diabetes.

What is included?

- A personalised exercise program, with a physical assessment before and after the program.
- 60 minute personalised training sessions with UQ Exercise Physiology students.

Where?

Logan Healthy Living Clinic
Level 1, 12-16 Logandowns Drive, Meadowbrook

When?

The sessions are now running each week and the program will finish in the week beginning 14 October 2024.

Register your interest

Email: metabolicclinic@uq.edu.au

