

BETTER HEALTH

Become healthier and fitter
Weight Management and Body
Coordination

LEARN

Social and Communication Skills
Various Exercises and Sports

IMPROVE

Confidence and Independence
Concentration and Patience

REDUCE

Behaviours, Anxiety and Depression
Use of Digital Devices

FREE

Activity Fees ECO-Transport



Happier Healthier Higher
with StepUp Disability Services



StepUp
Your Exercise Partner

Hey Buddy!
Let's Exercise
Together!



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REGISTERED
NDIS
PROVIDER



About Exercise Physiologist:

What is an Accredited Exercise Physiologist (AEP)?

AEP is an university qualified allied health professional equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries or disabilities.

Why Step Up

- First and Only APE provider in Australia
- All Age Groups with Special Needs
- Registered NDIS Service Provider
- Personalised 1 on 1 Services
- Fun and Effective Programs
- Qualified and Experienced Mentors
- Affordable Services for Everyone



Sports Day Program for Adults

- Social Interaction with peers and mentors
- One on One support in a Group
- Learn various exercises and sports
- Free Transport

Physical Activity Program for Age 6-17

- Social Interaction with peers and mentors
- One on One support in a Group
- Learn various exercises and sports
- Free Transport

Respite Care for Adults

- Sat-Sun 24hrs Overnight Getaway
- High-Quality Accommodation and Meals
- Exercise and Fun Activity-Based
- Friendly and Trustworthy Mentors

