



## Join us in building strength for success!

At **Body Smart Health+**, we understand that physical strength plays a crucial role in preparing individuals with disabilities for meaningful employment.

Our dedicated NDIS Job Readiness Program, led by experienced Exercise Physiologists, is designed to enhance physical abilities and equip participants with the strength they need to excel in the workplace.

**Contact us for more information, or to book an initial assessment:**

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## Body Smart Health NDIS Job Readiness Program



Building strength for employment success



**Welcome to our NDIS Job Readiness Program!**

## Why Choose Our Program?



### Specialised exercise physiology

Our program offers tailored exercise physiology sessions focusing on improving strength, mobility, coordination, and endurance, specifically targeting areas essential for various job roles.



### Functional Training

We utilise functional training exercises that mimic real-world job tasks, helping participants develop the specific physical skills required for their desired employment opportunities.



### Individualised Assessment

Each participant undergoes a comprehensive physical assessment to identify strengths, weaknesses, and areas for improvement, allowing us to tailor the program to their unique needs and goals.



### Goal-Oriented Approach

We work collaboratively with participants to establish clear, achievable goals, empowering them to track their progress and celebrate their accomplishments along the way.



### Supportive Environment

Our team provides a supportive and encouraging environment where participants feel motivated to push their boundaries, build confidence, and unlock their full potential.



## Program Components

- 1 Personalised Exercise Therapy**  
Customised exercise physiology sessions targeting specific areas of need, such as upper body strength for painting or core stability for administrative roles.
- 2 Functional Movement Training**  
Practical exercises and drills designed to improve functional movement patterns and enhance job-related skills, such as lifting, carrying, and reaching.
- 3 Progressive Exercise Programming**  
Gradually increasing the intensity and complexity of exercises to continually challenge participants and promote ongoing physical improvement.
- 4 Education and Empowerment**  
Educational sessions on injury prevention, proper body mechanics, and self-management strategies to empower participants to maintain their physical well-being in the workplace.