

# NATURE-BASED EXERCISE PHYSIOLOGY & PSYCHOLOGY



Empowering Participants Through Movement, Nature & Evidence-Based Care

## NDIS REFERRAL GUIDE

### SPECIALISED SUPPORT IN

NDIS self-managed & plan-managed participants with:

- ✓ **Mental Health & Mood Disorders** (Anxiety, Depression, PTSD, Bipolar)
- ✓ **Neurodevelopmental Conditions** (Autism, ADHD)
- ✓ **Chronic Conditions & Pain Management**

## WHAT WE OFFER

- ✓ **Exercise Physiology in Nature** – Movement-based therapy for physical & mental well-being
- ✓ **Psychology in Nature** – Non-clinical, outdoor therapy for emotional & psychosocial support
- ✓ **Alternative to Gyms & Offices** – Comfortable, engaging, and participant-friendly
- ✓ **Short-Term, Outcome-Focused Programs** – Designed for independence, not dependency
- ✓ **Reliable & Professional Support** – Clinical excellence in communication & reports for SHs.

## WHY PARTNER WITH US?

- ✓ **We Make Your Job Easier** – Simple referrals, clear updates, and reliable service
- ✓ **Evidence-Based** – Research supports exercise and psychology as “Step 0” for mental health.
- ✓ **Nature as Therapy** – Movement & outdoor environments improve engagement & outcomes
- ✓ **Flexible & Community-Based** – Sessions usually progress from home to outdoor spaces.



## HOW TO GET MOVING!

- ✉ Email: [info@greenmovement.com.au](mailto:info@greenmovement.com.au)
- ☎ Call or Text: 0414 077 768
- 🌐 Website: [www.greenmovement.com.au](http://www.greenmovement.com.au)
- ➡ Scan to Refer:



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