

About **theraFIT**: Fitness Integrated Therapy

Doug Burke



theraFIT was established by Doug Burke, an experienced qualified counsellor who has incorporated the use of structured and supervised exercise as a method of treating depression for some years.

theraFIT, currently managing a contract with the Australian Government's Department of Veterans' Affairs, has achieved significant success providing exercise programs for Vietnam Veterans.

Testimonials

"The Fit2Beat Depression Program is a totally unique human survival style course. The process of combining exercise and counselling methods has proven to be an excellent balance to truly restore the most broken human"

- Ondree

"The course helped me gain physical strength, challenged notions I had about my limitations and encouraged me to keep well physically in order to cope with the effects of depression"

- Anita

Therapeutic Group process costs: – including 16 Group sessions, combining therapy and body skills, assessment and handouts - **\$595.00** GST free. Prices are correct as at September 2005 but are subject to review.

Gym costs: Participants will be responsible for covering the gym cost component of the program, which will include 16 weeks gym membership, and two weekly facilitator led group exercise sessions. **theraFIT** has negotiated special gym membership rates for participants.

Once you have completed the program **theraFIT** endeavours to negotiate a reduced gym fee so you can continue to maintain your new-found fitness and all of the benefits that this will deliver!

Please feel free to call our office and discuss the benefits of this unique program with either Doug Burke or a member of his staff.



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FIT₂ Beat DEPRESSION



A NEW AND INNOVATIVE APPROACH
FOR MANAGING DEPRESSION



Depression is currently treated through medication and/or counselling. **theraFIT (Fitness Integrated Therapy)** has developed an innovative approach combining structured exercise with therapeutic group sessions to complement these methods.

Why Fitness Integrated Therapy (FIT)?

For twenty years more than a thousand studies have shown the relationship between regular structured physical exercise and improvements in the symptoms of depression. More importantly, these studies have revealed a longer-term likelihood of maintaining wellbeing where exercise is continued following the treatment program.

We appreciate the difficulties facing people suffering from depression, a condition which is becoming more widespread throughout our society. **Fit2Beat Depression** provides a unique and natural opportunity to rediscover a sense of joy and vitality without relying solely on medication. While medication can have an immediate effect in treating depression, our unique exercise, body awareness and therapy program provides the skills to manage depression with more personal control and less reliance on medication.

How does the FIT program work?

theraFIT has seen evidence that the combination of exercise, body management skills and therapeutic group sessions reduces the distressing and disabling symptoms of depression - enabling the rediscovery of the natural vitality and pleasure in life.

The Fit2Beat Depression program provides participants with the ability to recognise the onset of depression in their body and thinking, providing the necessary physical and psychological skills and knowledge to overcome its effects.

FIT provides each group of ten to fifteen people with a 16-week program. Each group has a counsellor and a trained exercise physiologist working as a team.

The innovative **FIT** program provides a holistic body/mind approach to aid personal recovery.

Participants need a clearance from their medical practitioner.

Beginning the course with regular structured physical exercise provides participants with evidence that they can achieve positive change. Increasingly they feel energised and optimistic about making a difference in dealing with their depression. A range of possibilities in relation to quality of life then becomes possible for participants.

This innovative Australian approach integrating exercise, body awareness and therapy has been successfully used by **theraFIT** in the treatment of depression over some years.

Scientific support

Studies show that supervised group based exercise programs for the treatment of depression produce effects comparable to treatment by anti-depressants such as Prozac or Zoloft.

Additionally, patients using exercise as a treatment are less likely to relapse (*Blumenthal et al 2000*). Other research findings include the social value of exercising in a group (*Tkachuk and Martin, 1999*) and the enhancement of treatment by discussing and practising strategies to overcome depression.

For organisations

The **Fit2Beat Depression** program is available as a package that can be delivered by facilitators trained in the methodology. Contact us to discuss how a program can be delivered by your organisation.

