



# PHYSICAL LITERACY PROGRAM FOR CHILDREN

Release Date: 05/04/20

## WE ARE AVAILABLE

During this challenging time, we are remaining open to continue supporting the physical literacy needs of children and parents.

Physical literacy provides children with knowledge, behaviours and skills to lead active lifestyles, for life long physical, psychological and learning benefits.

We are implementing COVID-19 vigilance in line with hygiene and distancing recommendations.

You will be looked after by Dr Simon Sostaric (PhD.,BAppSc.,AEP.,AES), a highly experienced exercise physiologist.

## HOW WE WILL HELP

**WE LISTEN** - to understand your child's unique concerns and goals.

**WE EVALUATE** - risk assess & monitor your child's progress.

**WE PLAN & EMPOWER** - we educate and instruct your child on physical activity around the home

**WE SUPPORT** - ongoing support to help your child build skills, motivation and confidence to succeed

## GETTING STARTED IS EASY

1. If your child is healthy, a referral is not necessary. Book online or call us.
2. If your child has a chronic condition, call your GP for a CDM (exercise physiology) referral.
3. In-clinic consultations and new telehealth consultations are available.
4. For in-clinic consults, only one patient +1 (parent) are permitted in the clinic at any one time. We will also require you to follow our hygiene protocols whilst in the practice.



## CONTACT US

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