

Joining the Gym

10. NDIS and the gym



ADVOCACY



KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*



NDIS and Personal Training at the Gym

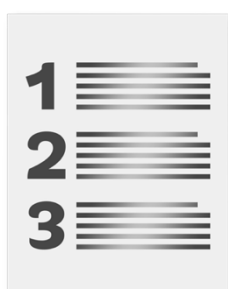


What type of NDIS plan do you have?

If you have a NDIA managed plan you will need to look for a NDIS registered **personal trainer**.



Remember, a **personal trainer** is a person who helps you reach your goals at the gym.



NDIS will have a list of **personal trainers** that are NDIS registered.



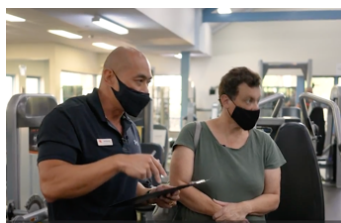
OR, you can look for an exercise physiologist or physiotherapist who can be your **personal trainer** at a gym.



If you have a **Self-Managed** or
Plan-Managed Fund



You can choose what personal trainer
you would like.



You might be able to get money from
your NDIS plan to help pay for a
personal trainer.



Ask your family, support staff or plan
manager.

Remember



NDIS will NOT cover any gym costs for a medical condition such as diabetes or asthma.



NDIS will NOT normally cover gym memberships.



When you have your next NDIS plan review, discuss your goals for having a **personal trainer** at the gym.