



EQUIPD
ALLIED HEALTH & COMMUNITY GYM

MEDIA RELEASE

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EQUIPD Allied Health & Community Gym ready to serve the Canberra community with comprehensive health and wellbeing services

The Chifley Community Gym has officially reopened its doors under the new management of EQUIPD Allied Health, bringing high-quality gym and Allied Health services alongside a revitalised range of state-of-the-art fitness facilities to Canberra.

"We are delighted to have already welcomed so many old and new faces back to the community, and we're confident that our gym will provide immense value to the local members, particularly older adults and those living with disability," said Dylan Grubb, Director and Accredited Exercise Physiologist at EQUIPD Allied Health & Community Gym.

The gym is part of the Chifley Health and Wellbeing Hub, where EQUIPD is committed to delivering comprehensive support with a goal to utilise exercise as a tool to foster a sense of community and well-being for everyone.

"Following the previous operator's closure, the community voiced deep concerns about losing these essential services. Today's reopening is a testament to the power of community advocacy and what can be achieved when people come together for a common cause," Dylan highlighted.

The ACT Government has invested over \$470,000 to support facility upgrades, including \$350,000 for cardiovascular, strength and functional weight equipment and an additional \$120,000 for specialised flooring and general improvements to the facility. EQUIPD's private investment tailors the space by developing customised equipment, including bespoke rehabilitation stairs and walking rails and its acquisition of advanced testing equipment further innovates its offerings. The improved space now supports a diverse range of exercise options through constantly staffed gym access, group fitness classes and allied health services. The new equipment enables EQUIPD to provide gold standard care in a complex exercise setting, further enhancing member safety and well-being.

“We are extremely grateful to the ACT Government for their support, which has made it possible for us to reopen this beloved community gym. Their commitment has empowered us to provide dedicated services and holistic care that caters to the well-being of individuals of all abilities,” Dylan expressed.

Accredited Exercise Physiology services are now available to all members of the community, a significant addition to EQUIPD's offerings. Hosting the reopening, Duncan Armstrong OAM, Olympic Gold Medallist and Executive for Exercise & Sport Science Australia (ESSA), emphasised the importance of regular physical activity for everyone.

“Exercise is one of the most effective medicines for preventing, treating and managing all kinds of health conditions, and ESSA Accredited Exercise Physiologists (AEPs) are the experts of exercise prescription,” Armstrong said.

“Even if you are new to exercise or had some time off, AEPs use evidence-based approaches to teach you how to move your body safely and effectively, no matter the health condition or injury you may be experiencing.”

Dylan voiced gratitude to all who made the reopening possible: "We sincerely thank the ACT Government, our stakeholders, suppliers, supporters, and most importantly, our members, friends and family. Their enthusiasm and support have helped bring this vital community service back to life."

EQUIPD Allied Health & Community Gym aims to serve all Canberrans, particularly those managing challenging health conditions requiring physical and social support. "Our modern, inclusive facility is designed for everyone. We can't wait to welcome you," Dylan concluded.

For more information on services, opening hours, group fitness schedules, and memberships, visit www.equipdalliedhealth.com.au.

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