

MedHP

BRIDGING THE GAP BETWEEN
MEDICINE AND EXERCISE

Presented by

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About us

Our Mission

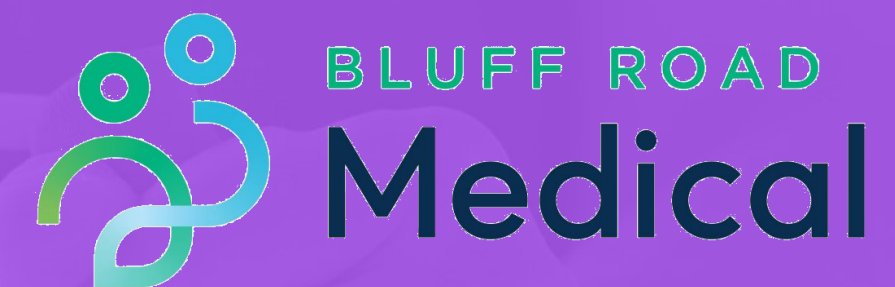
Our Services

GP to EP

Introduction



Age
is an
attitude
Exercise for over 60s



About Us

- MedHP is a health and wellness hub that aims to bridge the gap between medicine and exercise
 - Catering to over 50s, we offer Exercise Physiology, Group Classes, Reformer Pilates & Gym memberships
 - Our dedicated HUR equipment section creates a safe & nurturing environment
-

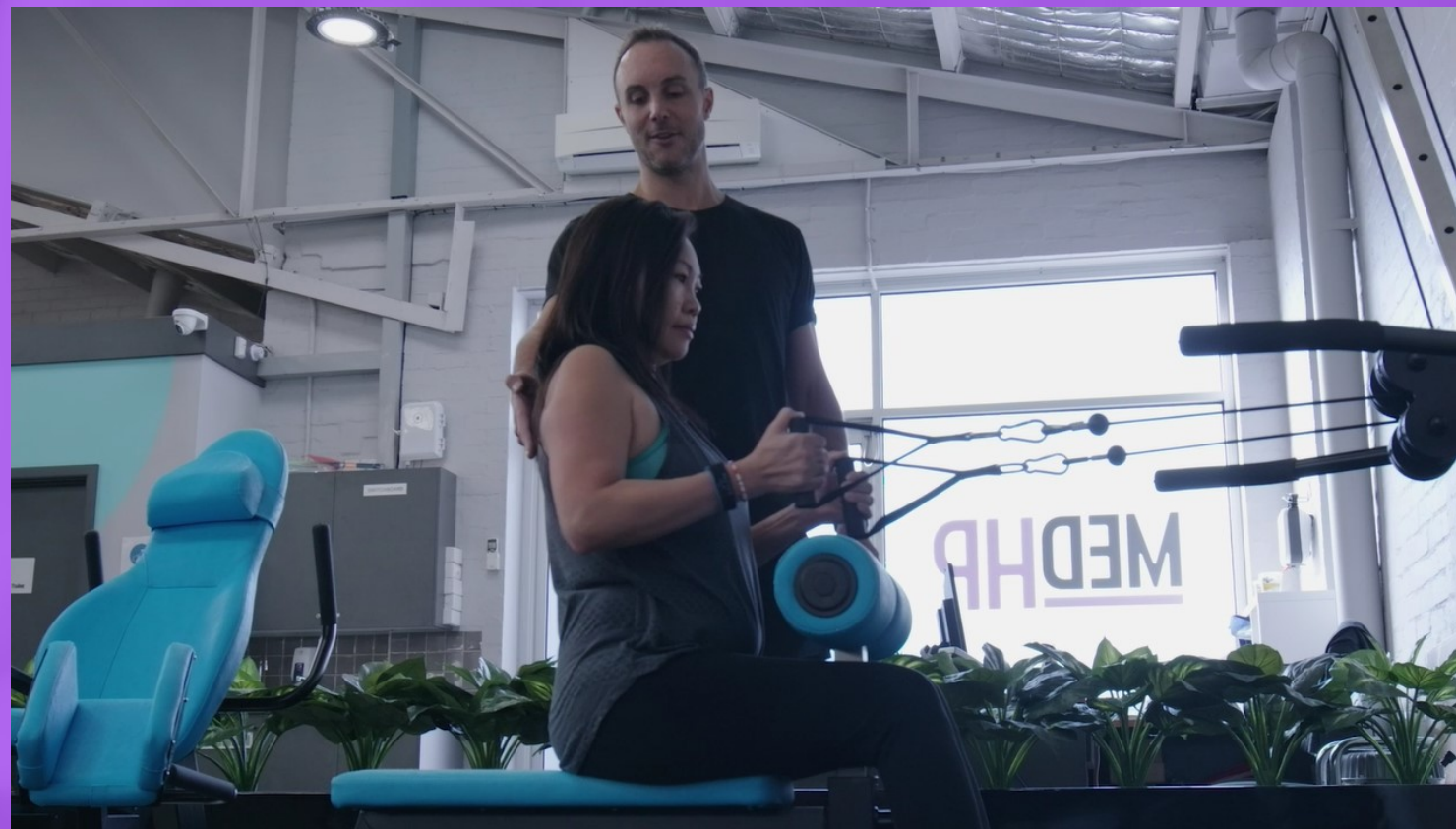


Our Mission is to Redefine Ageing

The background image shows a group of people, including a woman in the foreground and a man to her right, both with their arms raised in a celebratory or exercise pose. They are in a gym-like environment with various equipment visible in the background. A semi-transparent purple overlay covers the entire image. On the far left, there is a decorative graphic of a cluster of hexagons. The title 'Our Services' is centered in white text, flanked by two horizontal white lines.

Our Services

Exercise Physiology



Gym Memberships



Group Classes

MOVE CLASS



Group Classes

REFORMER PILATES



Group Classes

BEST BALANCE



Active Adventures



Education Nights



GP to EP

Exercise is Medicine

Exercise is considered key management in many, if not most chronic illness:

- Diabetes
- Osteoporosis
- Chronic pain
- Mental health,
- Dementia
- CVD
- Respiratory
- Oncology





*“Exercise is the answer, now ask me
the question”*

Built from a strong database



35 Doctors



10,000+ Patients
>50y/o



45% have a chronic
Health Condition

Clear Pathway from GP to EP



Enhanced ability to address patient needs





Thank You

MEDICAL HIGH PERFORMANCE

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