



C.A.R.E.
Career and Resilience Education Program

HEALTH AND FITNESS

It is widely known how important exercise is for health and general wellbeing. Not only does it help to combat stress, give you more energy and motivation, help you sleep better and improve your self esteem, but widespread research has shown it can decrease the risk of serious conditions such as heart disease, high cholesterol, diabetes, some cancers and stroke. The benefits don't stop there either – exercise is widely recommended as a form of treatment for depression and anxiety.

Put simply: the benefits of exercise are endless.

Not only is regular exercise and a healthy diet important but so is ensuring your health is regularly checked and monitored, to ensure no underlying issues go unnoticed. Look at your health fund and see what your membership covers – use your membership to your advantage. Go for regular dental checks, eye tests, cholesterol checks and blood pressure checks. Get remedial massages and consult a dietician, if needed. Don't be afraid to speak to your GP about ways they can help.

The Police Association recognises the importance of regular exercise and a healthy lifestyle and we are proud to have a partnership with BUPA/MBF health fund providers, who offer special offers and discounts for Police Association members.

BUPA has been partners of the Police Association and its members for over eight years, providing discounted corporate health cover to thousands of our members.

BUPA has Australia's largest provider network and allows members access to no gap general dental and physio when visiting one of their Members First Providers. They also have an extensive network of over 60 member centres located throughout Australia and a dedicated corporate hotline available 7 days a week. On top of this, members can also enjoy a variety of activities including cheap movie and theme park tickets and discounted gym membership. BUPA's website also offers helpful information in their 'Health and Wellness' tab, including exercise programs, health tools and apps, and news and events.

[See the attached brochure for more information on joining BUPA](#)