

More info: Healthy Life +

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ACON's Healthy Life + is an intensive fitness and nutrition program for people living with HIV/AIDS. The program provides a free gym membership for the length of the program, a personal trainer to motivate and support participants in their exercise and nutrition program and seminars related to health, HIV treatment and nutrition. The program was designed and implemented for HIV-positive people who are concerned about weight loss through HIV progression and side effects including lipodystrophy associated with some of the drugs used in [ARV](#) [1]A medication or other substance which is active against retroviruses such as HIV. [combination therapy](#) [2]Highly Active AntiRetroviral Therapy ??? aggressive treatment of HIV infection using several different drugs together..

The philosophy of the program is based on the fact that exercise can lead to increased muscle mass, minimising weight loss and slowing or reversing some of the effects of lipodystrophy. Science and research suggests that exercise also helps to build a stronger immune system and overall improved health while also helping to ease depression. In addition, the fellowship of a gym membership can lead to an active re-engagement with community and improved quality of life.

The program includes personal guided training; instruction in training techniques; before and after body measurements; group motivation/peer support; nutritional consultation; and health improvement seminars and discussions.

The program is open to any HIV-positive person, but due to limited [enrolment](#) [3]The act of signing up participants into a study. Generally this process involves evaluating a participant with respect to the eligibility criteria of the study and going through the informed consent process. space, preference is given to those affected by weight loss or lipodystrophy and those with low incomes.

Healthy Life + is a program of the [AIDS Council of NSW](#) [4] and is based at the Sydney Positive Living Centre. For more info on the next Healthy Life + and how to enrol, call (02) 9699 8756.

- [living with HIV](#)
- [exercise](#)

Links:

[1] <http://www.napwa.org.au/glossary/term/122>

[2] <http://www.napwa.org.au/glossary/term/96>

[3] <http://www.napwa.org.au/glossary/term/489>

[4] <http://www.napwa.org.au/www.acon.org.au>