

Exercise Physiology

Our accredited exercise physiologists specialise in the delivery of clinical exercise, health and wellbeing programs.

We can help rehabilitate after a neurological injury, manage neurological conditions and prevent chronic illness.

We provide

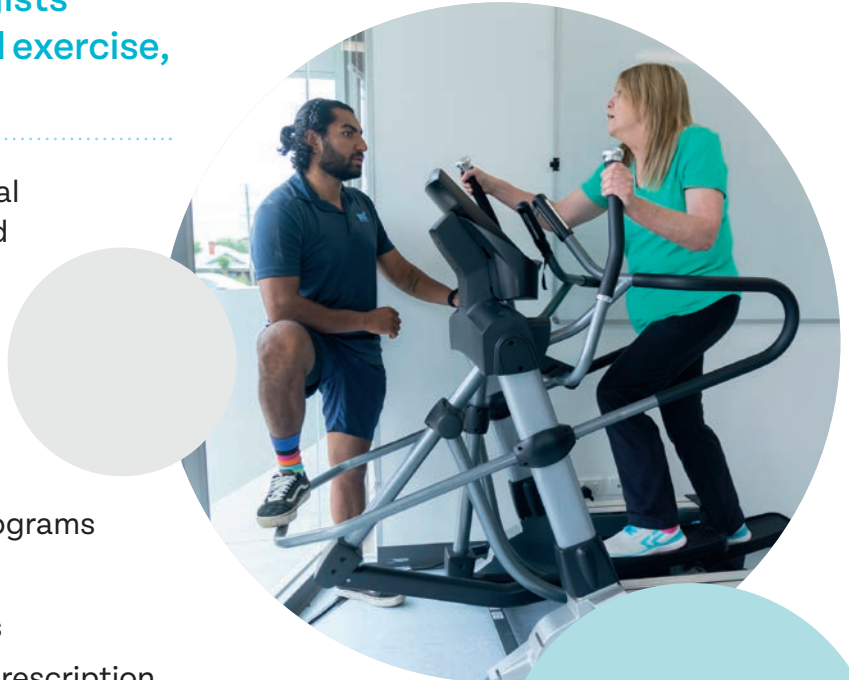
- Strength and fitness training
- Falls and balance programs
- Active leisure pursuits such as cycling programs
- Community based gym programs
- Aquatic therapy and swimming programs
- Home and modified exercise equipment prescription
- Weight management
- Exercise for health and wellbeing.

Doing something physical, no matter how much, can be life changing.

Our exercise physiologists tailor programs you will enjoy so you are more likely to participate long-term. Treatment is based on the principle 'exercise is medicine'. We start at a comfortable level and expand programs to suit where you are and what you want to achieve.

Enjoy being more active

We help people find movement they enjoy. This may involve exercise equipment like bikes, weights, or something more specialised like Pilates or boxing. Exercise can be in the clinic, home or community including gyms, pools and parks.



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