



TRAVIS PICKLES

EXERCISE PHYSIOLOGIST

Specialises in

Clinical exercise interventions for the management and/or prevention of:

- Cancer, and cardiovascular and pulmonary conditions
- Metabolic conditions including Type 2/Type 1 Diabetes
- Mental health and/or substance abuse disorders
- Bone and joint issues (Osteoarthritis etc.), muscular injuries and ailments
- Intellectual and physical disabilities

Qualifications and Experience

- ESSA Accredited Exercise Scientist (AES) & Accredited Exercise Physiologist (AEP)
- Master of Clinical Exercise Physiology
- Bachelor of Exercise and Sports Science
- Diploma of Health Sciences

Bio

Accredited Exercise Physiologist with a strong drive to assist clients from all walks of life and clinical backgrounds. I believe in the power of individualised exercise programs and behavioural interventions to change lives for the better and achieve positive health outcomes.