



ELIZABETH

Exercise Physiologist

Specialises in

- Cardiopulmonary rehabilitation
- COVID 19 recovery
- Chronic pain
- Older adults

Qualifications and Experience

- Bachelor of Health Science (musculoskeletal therapy)
- Bachelor of Exercise and Sport Science (exercise physiology - ESSA specialisation)
- Master's in Clinical Exercise Physiology

Bio

I am passionate about engaging with members, helping people feel supported in their recovery from serious illness or pain, and the mental health benefits of exercise.