



ELIZABETH TOBIN

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)
- Masters in Clinical Exercise Physiology

Bio

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