



Tim

Exercise Physiologist

Areas of expertise

Musculoskeletal

Cardiovascular

Metabolic

Neurological disorders

About me

Tim completed his Master's in clinical Exercise Physiology at Australian Catholic University and Bachelor of Exercise at La Trobe University. He works with people focusing on improving their well-being in creating an active lifestyle by providing exercise programs. Tim has always had a passion for exercise rehabilitation since he had an experience helping people with chronic health conditions improve their health with exercise in the Philippines and Australia. Tim's goal is to help people of all ages with different disabilities, injuries and diseases to increase independence in daily life activities and improve their quality of life.



Qualifications

- Accredited Exercise Physiologist and Accredited Exercise Scientist.

Mill Park
Leisure

