

Chris Alexander

EXERCISE PHYSIOLOGIST



Chris Alexander is an accredited Exercise Physiologist and has been specialising in developing safe and effective exercise for people with chronic conditions, musculoskeletal rehabilitation, work conditioning and improving sports performance for individuals and teams. With over 10 years' experience he is highly motivated by his patients achieving their individual results. Chris is also heavily entrenched in the fitness industry as a part of the Industry Development team at Fitness Australia and a Fitness Course Director at Begin Fitness.

Chris offers services to private patients as well as WorkCover, TAC, Medicare EPC program & DVA patients.

Accredited exercise physiologists (AEPs) are allied health professionals, who specialise in the delivery of exercise for the prevention and management of chronic diseases and injuries. AEP's provide support for clients with conditions such as cardiovascular disease, diabetes, osteoporosis, mental health problems, cancer, arthritis, pulmonary disease and more.

You might see an AEP to help you:

- overcome persisting pain caused by injury or overuse
- improve your heart health
- rehabilitate following a cardiac event
- control of diabetes
- prevent pre-diabetes from progressing to full diabetes
- improve your recovery following cancer treatment
- improve your general health and wellbeing.

AEP's also provide training in safe manual handling; perform functional assessments; carry out sub-maximal and maximal fitness tests; perform body composition tests and musculoskeletal assessments; and provide lifestyle education to help people manage their health conditions.

How much does Exercise Physiology Cost?

Initial Consult (1 hour) is \$80 incl. GST; Review Consult (30-40 min) \$66 incl. GST

Physiotherapy | remedial massage | pilates | hydrotherapy | bounceBack | dietitian | exercise physiology



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