

Chronic Disease Management

An evidenced based exercise intervention delivered by an experienced Exercise Physiologist that enables you to rehabilitate, manage and reduce the effects of chronic diseases such as cardiovascular disease, diabetes and mild obesity. We:

- Collaborate with your general practitioner and physiotherapist to ensure quality care
- Prescribe safe and effective exercises to enable you to reach your full potential
- Provide you with an individualised program
- Enable you to increase your cardiovascular capacity, muscle function and movement performance



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