



Liz

Exercise Physiologist

Areas of expertise

Cardiovascular Disease (Heart disease, Afib)

Metabolic Disease Management (Diabetes, PCOS)

Pain and Chronic Pain Management

Oncology

About me

Liz is an Accredited Exercise Physiologist with extensive experience in exercise prescription for both acute and chronic health conditions. Liz is passionate about helping people improve their physical and mental well-being through tailored exercise and lifestyle programs. Her broad experience, from chronic disease management to acute rehab, allows her to support a wide range of clients with empathy and care. She is also dedicated to lifelong learning and shares her expertise as a Clinical Educator and Academic at Deakin University.



Qualifications

- Master of Clinical Exercise Physiology
- Bachelor of Exercise and Sport Science
- Diploma of Professional Pilates Instruction
- Level 1 Highland Dance Teacher

Thomastown
Recreation &
Aquatic Centre

