

The health and fitness continuum

Where we fit



Clinical Care

Patient working closely with their medical team and/or not yet cleared for exercise



Physiotherapy

Patient going through rehabilitation or more hands on treatment with Physiotherapist



Specialised Coaches

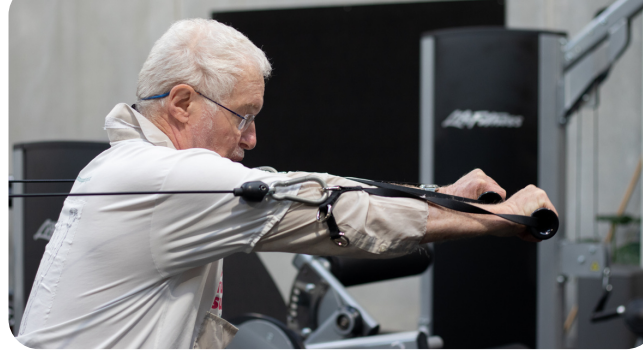
Client transitioning from clinical care into exercise and activities of daily living, most often with restrictions or limitations



General Gym-goer

Client has the ability to move efficiently, pain free and without limitations

We are an **ACC** accredited Physiotherapy provider



Services

Who we can support

We are open to anyone who loves our space and would like to benefit from our highly qualified team.

We have experience working with:

- | | |
|---------------------------|-----------------------|
| Cancer | Motor Neuron Disease |
| Cerebral Palsy | Lower Back Pain |
| Scoliosis | Chronic Pain |
| Disabilities | Vestibular conditions |
| Intellectual Disabilities | Stroke |
| Traumatic Brain Injury | Parkinson's |
| Spinal Cord Injury | Muscle Imbalances |
| Multiple Sclerosis | Restricted Movement |
| Postural Deviations | General Population |

Wrap-around approach

Meet Our Team



Brianna

Founder | Coach

Corrective Exercise Specialist (NASM) | Exercise Oncology Educator & EO Instructor (MTCA) | Personal Trainer (ACE) | BSc - Biochemistry (UC)



Luke

Coach

Bachelor of Sport and Recreation (AUT) | Diploma in Sport, Recreation and Exercise (NMIT) | Exercise Oncology Instructor (MTCA)



Laura

Coach

Bachelor of Sport and Recreation (AUT) | Diploma in Sport, Recreation and Exercise (NMIT)



Tom

Physiotherapist

Bachelor Physiotherapy - University of Otago



Morgan

Holistic Health Coach

Registered Nurse 190686 | Institute of Integrative Nutrition Health Coach | Australasian Society of Lifestyle Medicine Member