

Why use an exercise physiologist?

- * Scientifically proven, evidence based exercise programs
- * Safe and individual approach to each patient
- * Can improve **blood glucose regulation**
- * Assist weight loss or weight stabilisation
- * Improves heart health and blood circulation
- * Encourages confidence and a better quality of life



EXERCISE PHYSIOLOGY IS IDEAL FOR PEOPLE SUFFERING FROM:

Diabetes, Obesity, Hypertension, Metabolic Syndrome,
Thyroid problems & Polycystic ovary syndrome (PCOS)

Take this Flyer to your GP/Doctor for a TCA/EPC Referral

FOR MORE INFORMATION CONTACT:

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