



Peter

Exercise Physiologist

Areas of expertise

Chronic disease management
metabolic conditions

Neurological disorders

Mental Health

Strength and conditioning

About me

Peter began his career as a trades person but quickly realised that he had a passion for health and fitness. He decided to venture forth into this passion, by studying a Certificate 3 and 4 in Fitness. Peter found that he really enjoyed the science behind health, so much so that he plans on doing a PhD to focus on gait training for neurological conditions.

Peter loves to help empower people. He wants to try and use his expertise to help those with chronic conditions regain their independence and live a fulfilling life. He also enjoys imparting his knowledge and skill set onto others so that they can have more control over how they exercise.



Qualifications

- Masters of Clinic Exercise Science and Rehabilitation
- Bachelor of Sport and Exercise Science
- Certificate 3 and 4 in Fitness

Mill Park
Leisure

