



EXERCISE PHYSIOLOGY

NEWSLETTER

Be motivated by experts to get real life changes

**THE 1ST CLASS
PERSONAL TRAINING SERVICE
& BOUTIQUE GYM**

**BECOME ONE OF OUR
AMAZING testimonies**



Jim

Representing our Veterans Affairs community, improving blood pressure, waist/hip measures and all joint flexibility range of motion, keeping fit for his worldwide adventures!



Elizabeth

Lost over **25kgs** & 20cm off her waist measure! while also improving her heart health by 35%.



Glen

NDIS participant Glen has improved positive social skills & functional activities to be able to win his netball grand final!



Dorothy

Celebrating 10 years with EP! Dorothy's consistency has maintained an amazing lifestyle while managing 2 knee replacements as well as back & neck conditions.



Jenny

Following 4 knee reconstructions & neural decline, Jenny has now exceeded goals to improve strength, balance and coordination!



Lawrence

Big congratulations to NDIS participant Lorry, with **20kgs** fat loss, reducing waist measure by over 15cm, while doubling his cardio Vo2 fitness by 100%!



Linda

**Lost
over
40kg!**



Al

**Improve
Health**

medicare



Michael

**Disability
Services**

ndis REGISTERED PROVIDER

Call for your complimentary consultation on **9501 5999** or email ep@epexercisephysiology.com
52 President Av Caringbah (opposite Woolworths) www.epexercisephysiology.com

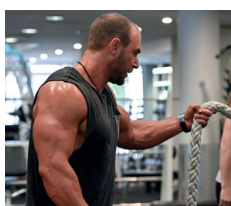


IMPROVE HEALTH

exercise
physiology

IMPROVE INJURIES

BECOME ONE OF OUR AMAZING testimonies



Nick

Elite Australian Army Veteran who spent multiple years defending Australia, promoting positive good will + mental health while supporting others in need!



Ben

Wow Over **40kgs** fat loss!
Decreasing waist/hip measures by 22cm. A new man!



Liz

A complete body-shape transformation dropping over **25kgs** & reducing her waist/hip by 20cm! Dropping by 3-4 dress sizes.



Matt

Matt's consistency has been rewarded with a waist/hip reduction of 5cm & 5kgs fat loss! He has improved cardiovascular Vo2 fitness by 20% & back range of motion.



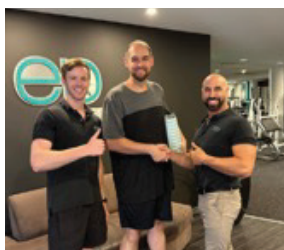
Connor

Part of our beautiful NDIS community! A dynamite basketball player, training consistently at EP for years managing his hip fracture rehabilitation.



Robin

Turning 90 years young!
Bringing an amazing personality to EP, keeping the trainers on their toes as her personal cheer squad!



Ben

Lost over 40kg!



Javier

Injury Rehabilitation



Alan

96 years young!

Australian Government
Department of Veterans' Affairs

CALL NOW: 9501 5999

GO TO: www.epexercisephysiology.com

52 President Avenue Caringbah

Click for regular health tips & inspiring testimonies



NDIS
registered
provider



WorkCover
providers
for injury
rehabilitation



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