



EXERCISE PHYSIOLOGY

Mullumbimby Comprehensive Health Centre now has exercise physiology in its allied health offerings at the centre. Exercise Physiologists are university trained professionals specialising in chronic disease management who can help with physical rehab, tailored exercise programs and behavioural coaching among other support. Recognised by Medicare, Department of Veterans Affairs and other health funds, they prescribe exercise to help people with injuries, persisting pain, chronic disease, depression and weight management.

The centre is now offering a range of exercise programs to service our patients and the community in our newly furnished gym area, which is used for group and individual training.

Programs include:

The Exercise as Medicine Program & Group Exercise Classes

BEN EXTON EXERCISE PHYSIOLOGIST

Ben develops a working relationship with each client so he can create the best plan possible for them. He tailoring programs to people's lifestyles to ensure they can train consistently over the long term to meet personal goals and build a body resilient to injury. Daily mobility and movement are pillars of his training philosophy with each training program reflecting an individual's goals, capability and lifestyle. 'Training little and often over the long term' is Ben's philosophy.

JASON MICKAN EXERCISE PHYSIOLOGIST

Jason feels passionate about the inclusion of all people in activity and exercise to improve optimal health & wellbeing, including functional capacity & maintaining independence. Special interests; Type 2 diabetes, prostate cancer support with the 'Man Plan', rehabilitation with post knee & hip replacements and hydrotherapy.

