

EXERCISE PHYSIOLOGIST

The Exercise Physiologist provides affordable and accessible clinical exercise programs to assist with the prevention or management of chronic disease or injury, and assists in restoring optimal physical function, health and wellness. Initial assessments determine health status and exercise history. We provide many activities including health coaching and lifestyle education, development of exercise programs, clinical or home based, individual or group, cardio/pulmonary rehabilitation group services and healthy lifestyle groups. We mainly operate out of the UMHCS gym and cater mainly for clients with chronic medical conditions.