

EXERCISE PHYSIOLOGY

Improve your health, quality of life, and independence with the help of our Exercise Physiologist!

At Morhaven, we believe that every person should have the opportunity to live an active, happy, and full life. For some, this can be limited by their physical or mental health and be tough to overcome on their own. With the help of our exercise physiologists, we can assist you to achieve your health and well-being and independence goals.

Exercise physiology focuses on how the body responds and adapts to physical activity and exercise. Through exercise testing and prescription, an exercise physiologist can target the body's cardiovascular, respiratory, muscular, and other physiological systems and promote change in response to different types, intensities, and durations of exercise. This enables those participating in an individualised exercise program to improve the presentation of their condition, symptoms, injury, or disability, improving quality of life, independence, health and well-being.

GET FIT

BE HEALTHY

HAVE FUN



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MORHAVEN

WHY USE AN EXERCISE PHYSIOLOGIST?

Exercise offers a wide range of physical, mental, and emotional benefits. Regular physical activity is essential for maintaining overall health and well-being. It's important to note that the benefits of exercise are cumulative and long-term. Consistency is key to experiencing these positive effects. Here are some of the key benefits of exercise:

- Improved Cardiovascular Health
- Weight Management
- Enhanced Muscle Strength and Endurance
- Better Bone Health
- Improved Flexibility and Mobility
- Enhanced Respiratory Function
- Enhanced Mental Health
- Emotional and Behavioural Regulation
- Better Sleep Quality
- Increased Energy Levels
- Improved Cognitive Function
- Reduced Risk of Chronic Diseases
- Enhanced Immune System
- Social Interaction
- Improved Independence



At Morhaven, our exercise physiologists can assist you in a variety of different ways depending on your goals, health status, and individual needs. Some of these include, but are not limited to:

- Personalized Exercise Programs
 - Health Assessments and Reporting
 - Chronic Disease Management
 - Injury Prevention and Rehabilitation
 - Surgery Pre-habilitation and Rehabilitation
 - Nutrition Guidance
 - Motivation, Accountability, and Behaviour Change
 - Education and Empowerment
 - Customized Strategies
 - Holistic Approach
- leading

