



Exercise Physiology Services

from Bloom Healthcare

At **Bloom Healthcare**, we offer **Exercise Physiology services** to people with disabilities.

Our team of **accredited Exercise Physiologists** understand the needs of people living with disabilities.

We offer exercise services that:

- Are delivered in your home or in your community.
- Are designed to meet your individual needs.
- Can be included in your NDIS plan.

Why is Exercise Important?

Exercise is important for both:

- Physical health (keeping your body strong).
- Mental health (helping you feel good).

Regular exercise can:

- Reduce stress.
- Improve mood.
- Build self-esteem.

Our services help people with disabilities:

- Reach their fitness goals.
- Manage their health conditions.

Our Experience

We are experts in **Exercise Physiology** and have worked in:

- Public hospitals.
- Private clinics.
- Other healthcare organisations.

We know how to work with the NDIS to make sure you get the services you need.

Our goal is to help you reach your full potential.

How We Can Help You

At Bloom Healthcare, we want to help you **reach your full potential**.

Contact Us

Contact us today to learn how our **Exercise Physiology services** can help you!