



Georgia

**Team Manager | Exercise Physiologist
Queensland**

Georgia is a compassionate Exercise Physiologist, her approach is grounded in connection, creating achievable exercise plans.

As an Exercise Physiologist, Georgia helps individuals enhance their mobility, strength, and overall well-being through tailored exercise interventions. Working within the community, she supports clients with chronic conditions, disabilities, and injuries, focusing not only on physical rehabilitation but also on fostering independence, confidence, and a better quality of life.

Her approach is grounded in compassion, patience, and genuine connection. Georgia takes the time to understand each person's unique goals, creating exercise programs that are both effective and achievable.

Believing in the power of movement to transform lives, Georgia takes pride in helping her clients build confidence and independence while supporting their long-term health and well-being.

Special Interest Areas

- Paediatrics
- Disability

Notable skills:

- Rapport
- Self-management
- Goal-setting

