



# Jana

**Team Manager | Exercise Physiologist  
QLD**

**Jana is passionate about supporting clients with disabilities, mental health challenges, and all ages in regaining independence.**

Jana is a dedicated Exercise Physiologist servicing the North Brisbane region, passionate about helping clients regain independence and improve their overall wellbeing. He graduated from Griffith University in 2018 and gained valuable experience during placements at the Cardiovascular and Chronic Disease Clinic in Ipswich and a Physiotherapy Clinic on the Gold Coast.

Jana works with a diverse caseload, including geriatric, paediatric, and individuals with disabilities such as Cerebral Palsy and Down syndrome. He has a particular interest in supporting clients with disabilities and mental health challenges, helping them achieve their goals and enhance daily function.

#### **Clinical Special Interests:**

- Working with clients with disabilities (e.g., Cerebral Palsy, Down syndrome)
- Mental health support
- Geriatric exercise and rehabilitation
- Paediatric exercise and development
- Helping clients regain independence in daily life

#### **Personal Interests:**

- Gym and staying active
- Hiking and mountain summits
- Social sports (Netball, Touch Rugby League)
- Travel, especially scenic mountains, beaches, and hikes