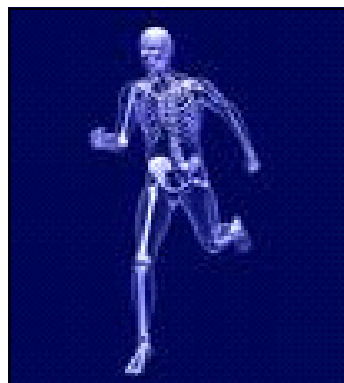




Exercise Physiology at PIHC

- Reduce chance of injury
- Strengthen
- Increase flexibility
- Overcome overuse injuries
- Lose weight
- Increase co-ordination
- Improve core strength
- Programs can include the Huber and WBV

*For more information about the use
of Huber or Whole Body Vibration
in exercise physiology email
julian@pihc.com.au*



Come see Julian the resident Exercise Physiologist to get an appraisal and work together to develop a program that is tailored to your personal needs

**Work hours are Monday and Tuesday mornings, Wednesday,
Thursday evenings
And alternating Saturday mornings 7-11**

**For more information email julian@pihc.com.au
Call 9240 5266 to make your appointment with Julian Mancini**