

ALEX AXIAK

Exercise Physiologist

QUALIFICATIONS

- B. Exercise Science (Clinical Practice)
- M. Clinical Exercise Science & Rehabilitation

AREAS OF EXPERTISE

- *Musculoskeletal Health* - strength training / injury rehab / chronic pain management.
- *Mental Health* - exercise plans to reduce symptoms of anxiety, depression and other mental health conditions.
- *Special Populations & Sports Performance* - tailored programs for seniors, pregnancy, children and athletes.
- *Cardiovascular & Pulmonary Health* - tailored exercise plans for heart / lung conditions.
- *Metabolic & Neurological Rehabilitation* - health outcomes for individuals with diabetes, obesity, stroke and other neurological disorders.

BIO

My name is Alex and my lifelong passion has been promoting better health through exercise, as it is crucial for optimal well-being.

From a young age, my love for sports and gym training guided me to the Sport and Health industry. After breaking my hand at 17 playing Football, I knew I wanted to pursue a career as an Exercise Physiologist. Experiencing a debilitating injury gave me first-hand experience and insight into injury management as well as fast and positive injury recovery strategies.

I am passionate about helping people through evidence-based exercise interventions. I am highly motivated to learn about various physiological and neurological conditions, and how to approach them to improve quality of life.



What's your favourite movie?

Rocky 3

Top workout tip?

By consistently applying progressive overload, you'll keep your workouts challenging and continue to improve your strength, endurance and overall fitness. Remember - gradual progression is essential to avoid injury and achieve sustainable growth