

Brian Ting



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EXERCISE PHYSIOLOGIST

My role as an Exercise Physiologist is to help you engage in your meaningful physical activities while managing your ongoing chronic health conditions. This may involve helping your grandparents be more independent, helping mums and dads be comfortable incorporating exercise in their life, rehabbing injuries, improving your performance in the gym or sport! I have an interest in pain management, addressing your weight concerns and powerlifting. I enjoy helping people reach their goals and finding different movement solutions despite a current or previous injury. I'd like to help create a more positive worthwhile experience with exercise!

Throughout my career working as an Exercise Physiologist, I've done continuing education with The Knowledge Exchange under their Clinical Mentorship Program.

This has allowed me to gain further knowledge and skills with my ability treat people with complex chronic pain. Currently I am in the middle of completing my Zero Weakness Coach Development Course for Powerlifting.

Quote: "Consistency is King!"