

# Peter Kollis



## Contact details:

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## EXERCISE PHYSIOLOGIST

As an Accredited Exercise Physiologist, I specialise in chronic disease management and prevention, whilst being responsible for safe and effective exercise delivery for clinical populations including cardiovascular, metabolic and other complex conditions. I live my life with a personal and professional commitment to health, fitness and wellbeing, with a passion for musculoskeletal rehabilitation. I strive to create a friendly, judgement-free and enjoyable environment to help my client's achieve their goals.

I have clinical experience in the efficient assessment and promotion of effective movement-based treatment, as well as a keen interest in sports training and rehab. I pride myself on my ability to develop high levels of rapport with my clients, and commit myself to continually evolving my professional knowledge and clinical skills.

*Quote: "Every journey, no matter how long, begins with a single step"*