



What to expect for your
personalised appointment:

- ✓ Friendly and welcoming professionals
- ✓ Thorough Health Evaluation
- ✓ Collaborative Goal Setting
- ✓ Tailored Exercise Program
- ✓ Holistic Wellness Discussion
- ✓ Ongoing follow ups and checking in as required to ensure that you are on the right track !



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medicare



BEYOND LIMITS
HEALTH & MOVEMENT
REHABILITATION

*Unlock Your Potential,
Restore Your Wellness*

Welcome to Beyond Limits: Health & Movement Rehabilitation!



Are you ready to embrace a healthier, more active life without limits? At **Beyond Limits Health & Movement Rehabilitation**, we are your partners in achieving your health and fitness goals, no matter where you are on your journey.

At Beyond Limits, we believe in the extraordinary potential of the human body. We are passionate about harnessing the power of exercise as a form of medicine to promote health and well-being and to address specific health challenges.

Our mission is to empower you to go beyond your limits, unlock your potential and restore your wellness!

Unable to come to us? Don't stress! Our **mobile Exercise Physiologists** come to you! We show up, we are approachable and most importantly, we care about you and your goals.

What is an **Accredited Exercise Physiologist** (AEP)?

Accredited Exercise Physiologists are university qualified professionals with a minimum of 4 years of study. We use exercise to prevent, treat and manage short and long term health conditions, injuries and diseases. We also work with the 'healthy' population in assisting with achieving their health goals.



Our purpose is to:

- *Optimise your health status, improve your function and your quality of life*
- *Prevent decline of your health status*
- *Assess and measure your capability to determine suitable movement for your desired goals*
- *Motivate, educate and empower you to increase your confidence to self-manage your health outcomes. This will help you take control of and improve your health.*

Conditions we treat

Heart/Cardiac disease

High blood pressure, cardiovascular disease

Diabetes

Type 1, Type 2 & Pre-Diabetes

Lung/Pulmonary Conditions

Asthma, COPD

Musculoskeletal injury

Arthritis, tendon or joint injuries, back pain

Pre- and post-surgery rehabilitation

Obesity and Weight Management

Neurological Conditions

Multiple sclerosis, Parkinson's disease, Stroke survivors

Mental Health & Wellbeing

Anxiety, Depression, Stress Management

Cancer Rehabilitation

Pregnancy and Postpartum Health

Aging-Related Concerns

Falls prevention, functional independence

Sports Performance & General Fitness