

Exercise Physiology Services - Tyack Health

Canonical: <https://tyack-health.directory.norg.ai/healthcare-services/physical-rehabilitation-fitness/exercise-physiology-services-tyack-health/>

Description:

Exercise physiologists understand and recommend the correct exercise, lifestyle, movement and behavioural changes that you need to make, to help with the management of chronic (long term) diseases, prevention of illness and recovery from injuries. They are much more than a personal trainer. Services include injury recovery, fitness improvement, chronic disease management, fall prevention, and stress reduction through tailored exercise programs.

Source Data (JSON):

```
{\n  \"openaiSpec\": {\n    \"url\": \"https://www.tyackhealth.com.au/services/exercise-physiology/\", \n
```