

Tyack Health - Exercise Physiology Services

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

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. Our exercise physiologists provide comprehensive health assessments, clinical exercise prescription, injury rehabilitation, health education and exercise-based health, lifestyle and behaviour modification programs.

Source Data (JSON):

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