



# fit for life

health studies







# Bayside

Private Exercise & Physiology  
since 2009





- **Exercise Physiology**
- **Clinical Pilates**
- **Community, Social and Recreational Activities**
- **In-House Exercise**

# Laura

“I have been a client at Fit For Life since December 2018.

I lived with social anxiety and OCD that kept her house bound for almost 2 years.

When I first meet Vic, I felt comfortable and relaxed and the studio offered a safe place to be.

I enjoy attending both personal training and Pilates classes every week to increase my strength and my mental state of mind.

I am also allow to bring my dog to the sessions which makes it more enjoyable, and I now feel mentaly stronger.”





# Andrew

Andrew trains with us to improve and maintain his strength, mobility, flexibility and balance to assist him in his everyday challenges with 'ASD'.

“Andrew has been coming to Fit For Life since February 2019, for some help with his lower leg and ankle problems and to improve his general fitness for his work as a gardener – funded through his NDIS plan.

He has an Intellectual Disability and Autism. He really enjoys his exercise sessions and is showing steady improvement, which has also been noticed by his physiotherapist.

He finds it a relaxed and comfortable environment in which to do his training. Vic has a very calm and gentle manner, and is very reassuring during the exercise sessions so that Andrew does not feel anxious. Vic varies the exercises each session to match Andrew's progress and his general mood on the day, which keeps Andrew interested but also challenged and working very hard overall.”



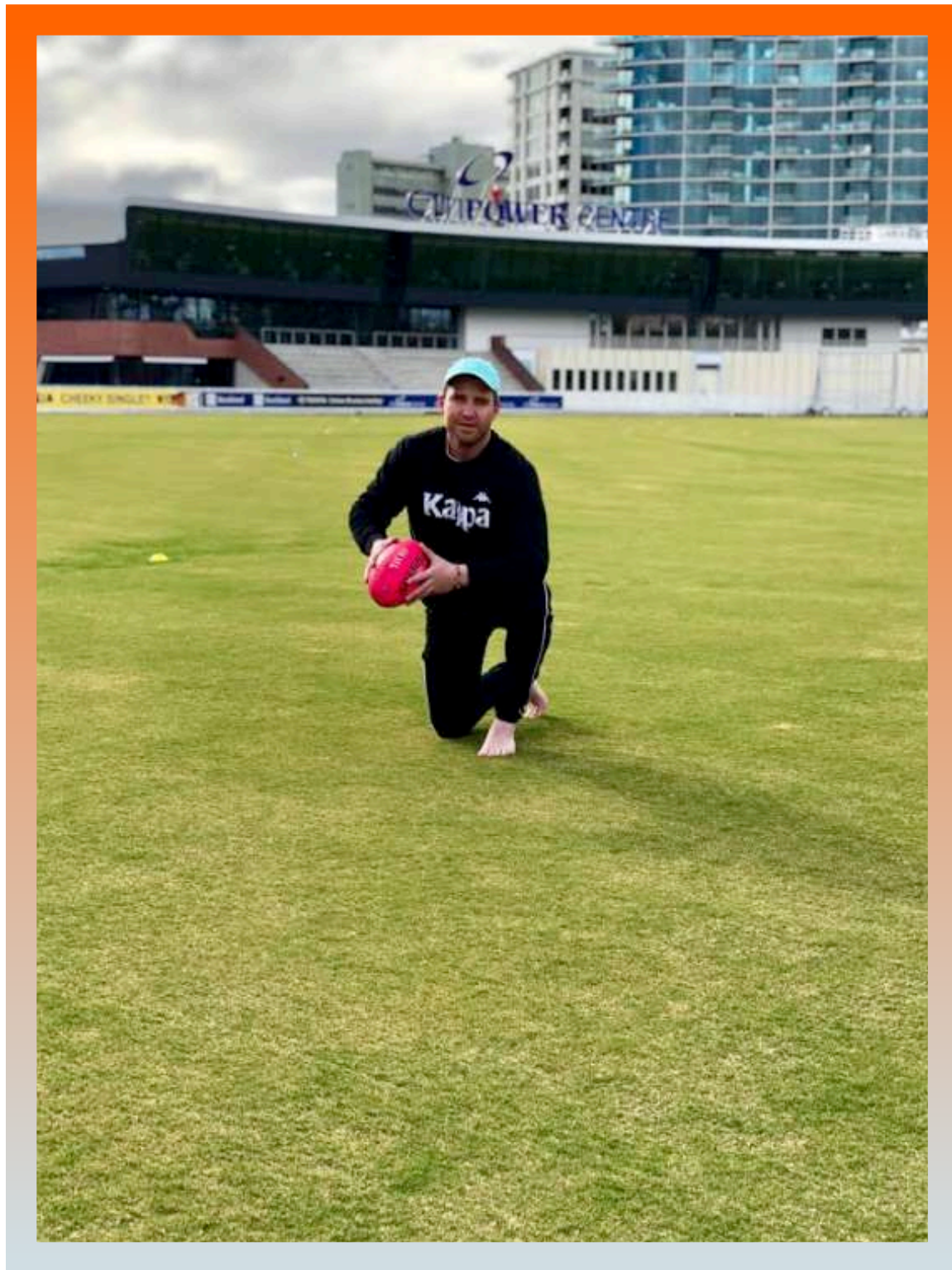
# Alexis

Alexis has partial blindness and balance issues due to neurological problem, and has been participating in our NDIS exercise physiology program for the last 6 months. She likes her boxing coordination sessions which has improved her core strength & balance participating in our Pilates classes.

“I’ve been at Fit For Life for 6 months, doing Pilates and Personal Training and I absolutely love it! Everyone is super friendly and knowledgeable, and highly motivated. My favorite day is leg day. Everyone that works there is extraordinary.”







# Darren

Darren has been living with anxiety, major depression and bipolar disorder for a number of years.

He participates in our outdoor community and recreational activities to increase his social interaction and confidence.





Mt. Dandenong  
Kokoda Trails

Beach Fun & Games







- **Group Pilates Classes**
- **One on One and Family PT Sessions**
- **Extracurricular Activities**
- **PEP (Prescribed Exercise Programs)**
- **Dietry Information**



# Vic

Physiologist & Proprietor  
Injury Rehab & Disability Specialist  
Elite Level AFL Experience & Fitness  
Leader for 18 years.

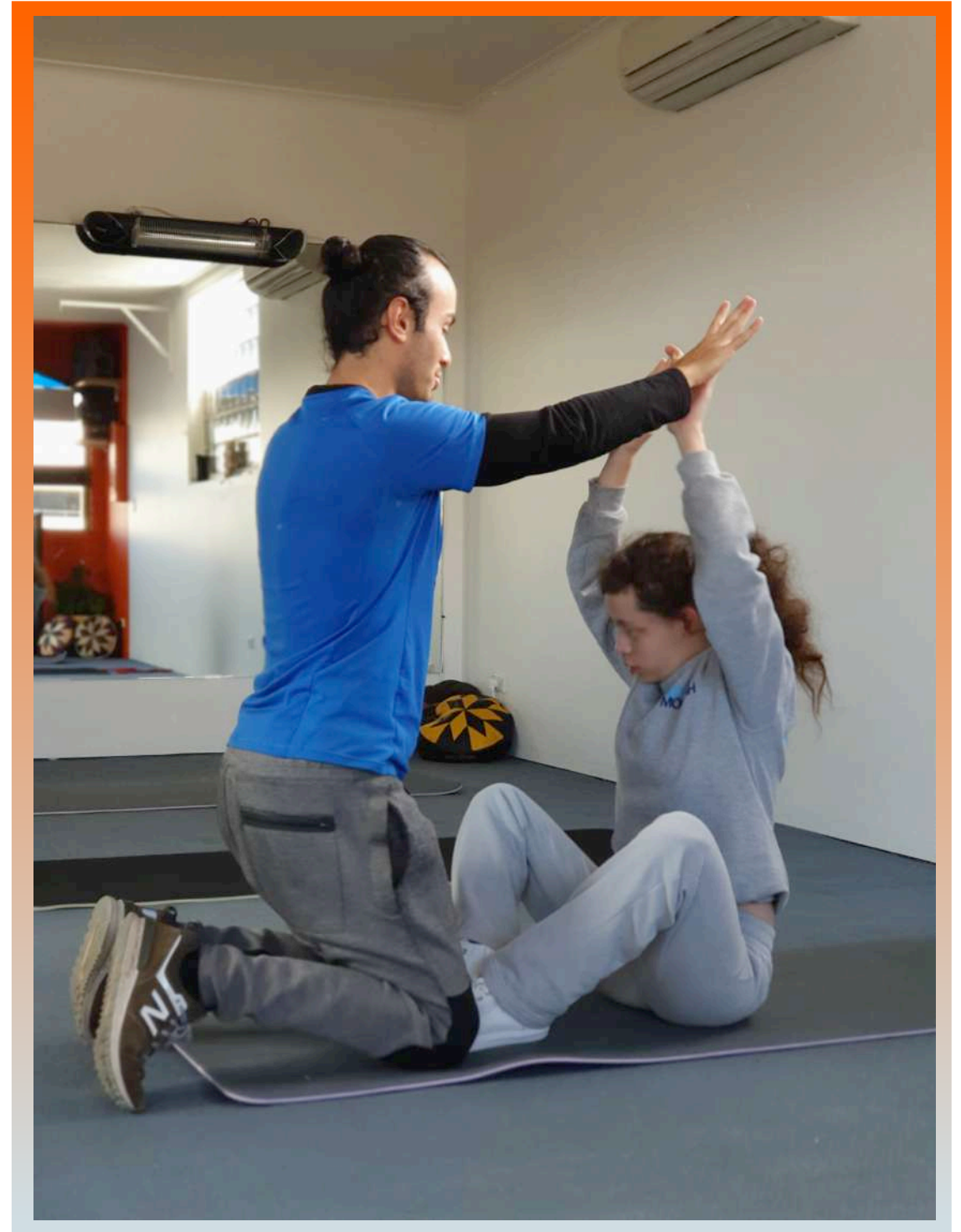




# Toprak

BASI Level 3 Pilates Trainer  
Peak Pilates Level 2  
AntiGravity Yoga Trainer  
Personal Fitness Clinician  
ACE and TRX Certificated Trainer

Experienced with Autism spectrum disorder (ASD)





# Gareth

7 Years Experience Clinician  
Kettle Bell Certificate  
TRX Certificate







**Join our family.**



**fit for life**  
health studios

**Thank You**