

ALI MIR

Exercise Physiologist

QUALIFICATIONS

- B. Physio
- M. App. Sc - Clinical Exercise

AREAS OF EXPERTISE

Rehab and design
Delivering customised exercise programs to improve quality of life.



BIO

I am an Exercise Physiologist (EP) with over 12yrs experience working in different settings, delivering exercise interventions for people with acute, sub-acute and chronic medical conditions and disabilities.

As an EP, I am a qualified Allied Health professional with knowledge, skills and expertise to evaluate, design, and deliver safe and effective exercise interventions.

Delivering evidence-based exercise intervention post thorough assessment to reach designed goals.

What's your favourite movie?

The Shawshank Redemption

Top workout tip?

KNOW what you are DOING, and WHAT you are doing it FOR.

