

Exercise Physiology

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Reactivate your physical lifestyle, Reactivate a better lifestyle, Reconnecting your body to a healthier you.

Claim Your Free Guide:

Discover The 5 Biggest Myths About Weight Loss

Get Immediate Access To Top Tips From Our Dietitians and Exercise Physiologists!

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KLT Program

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Veterans Exercise

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My New Shape

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Personal Training

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Work Hardening

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Chronic Conditions

Welcome to the My Health Team exercise physiology studio. We help people who have long standing muscle and joint dysfunction to residents of Redcliffe, Scarborough and surrounding areas.

We will meet with you and clarify the benefits of exercise for the unique circumstances of each condition and illustrate the most effective exercise for your condition.

We help you set goals, build accountability into your program, and give valuable feedback to help you build your strength and flexibility.

We work with our physiotherapists, podiatrists and dietitians to help strengthening, condition, improve movement and function.

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Free Taster Session

We realise some people may be “unsure” what service is right for them. You may not be 100% sure it’ll work, or whether we can help you, or maybe you had an unpleasant experience somewhere in the past? If that sounds like you and you’d like to come in and see for yourself please fill out the short form below and tell us more about you so we can answer your questions:

[Apply for a Free Taster Session](#)

Talk to an Exercise Physiologist First

You might not be quite ready to go ahead and book an appointment with an Exercise Physiologist right now. Maybe you have some burning questions and think it would be helpful to talk with someone at My Health Team first, so you can be 100% sure that we can help you. If this sounds like you, please click the button below and fill out the short form to schedule a call and one of our Exercise Physiologists will answer all the questions you have over the phone, completely for free:

[Enquire about Cost & Availability](#)