



JUSTIN DOUTHIE

Exercise Physiologist

AREAS OF INTEREST:



QUALITY
OF LIFE



BONE &
JOINT HEALTH



WEIGHT
LOSS



BALANCE &
COORDINATION

ABOUT ME

After completing my Master's Degree in 2017 I have been working as an Exercise Physiologist at Beleura Health Solutions in Mornington and more recently Beleura Health Solutions in Hastings. I have previously worked for Kieser, a physio-based gym in Camberwell, Malvern & Mornington over a 5 year period.

In my work over the last 6 years I have done lots of work with clients regarding osteoporosis and falls prevention, weight loss and diabetes, lower back pain and arthritis. I have also worked with clients regarding various other conditions ranging from asthma, scoliosis, hypermobility, stroke and MS to name a few.

As a former athlete and coach I love to help people achieve something that they previously didn't think they were capable of.

QUALIFICATIONS

- Bachelor of Exercise & Sport Science (ESSA Accredited Exercise & Sport Scientist)
- Master of Clinical Exercise Physiologist (ESSA Accredited Exercise Physiologist)
- Diploma in Sports Kinesiology
- Certificate III in Fitness
- Certificate IV in Fitness & Personal Training