

Locate Us

We are located all over the Sunshine Coast, so there is bound to be a clinic nearby, Our locations include;

Nambour PCYC, 10 Youth Avenue, Nambour 4560

Healthworks gym, 2 Pangarinda Place, Mooloolaba, QLD 4557

Coolum RSL, 1916 David Low Way, Perigian Beach, QLD 4573

Tin Can Bay RSL, 45 Tin Can Bay Rd, Tin Can Bay, QLD 4580

Rainbow Beach Aquatic Centre, Turana St, Rainbow Beach, QLD 4581

Noosa Leisure centre, Wallace Drive, Wallace Park, Noosaville Qld 4566

Brightwater Medical Centre
Corner of Attenuata Drive & Brightwater Boulevard, Mountain Creek QLD 4557

Contact Us

For any enquiries and bookings please do not hesitate to contact us,

Mobile: **0487 296 565**

Phone: **07 5441 3850**

Fax: **07 5441 3869**

Website: **www.myep.com.au**

Email: **myepexercise@live.com**

Jesse Goldfinch

BClinExSc ESSAM AEP

Exercise Physiologist

Opening Hours

6.30am - 5pm Monday - Friday

ESSA
EXERCISE & SPORTS SCIENCE AUSTRALIA

my)ep
EXERCISE & HEALTH MANAGEMENT

MOVE WELL, LIVE WELL



Move well again and improve your way of life with My EP

What is My EP?

My EP is a vibrant Exercise Physiology Practice located on the Sunshine Coast & Cooloola Coast. My EP Exercise Physiologists (AEP) specialise in the delivery of exercise, lifestyle and behavioural modification programs to:

- Aid in the prevention and management of chronic diseases and injuries
- Help clients reach their own health and wellness goals
- Provide a Holistic approach to a healthier lifestyle
- Help with sports related strength and conditioning exercises

What is an Exercise Physiologist?

Accredited Exercise Physiologists (AEP's) are university qualified, allied health professionals.

The aim of an AEP is to prevent or manage chronic disease, injury, & assist in restoring an individual to optimal physical function, health or wellness.

AEP's specialise in clinical exercise prescription, health education and the delivery of exercise & lifestyle modification programs for people who are healthy or have chronic diseases.

Who should see an AEP?

AEP's treat & manage a broad range of conditions, these include a range of commonly preventable & treatable health conditions, such as:

- Chronic diseases- Type 2 Diabetes Mellitus, Cardiovascular Disease, Stroke, Arthritis, Cancer and Metabolic Syndromes
- Chronic Respiratory Diseases & Asthma
- Risk factor management- Hypertension, Obesity, Physical Activity Levels, Dietary Education & High Cholesterol
- Neurological conditions- Parkinson's, PTSD & Depression.
- Musculo-skeletal imbalances- low back pain, knee pain, hip pain etc
- Falls Prevention and Balance Improvement
- Hydrotherapy
- Difficulty maintaining motivation & adherence to exercise routines

What service can you get?

My EP offers one on one Rehabilitation sessions or group sessions available. You can choose from an in-home care session (where we come to you) or visit one of the private clinics.

AEP's are recognised by:

Medicare Australia, Department of Veterans' Affairs, WorkCover, Compulsory Third Party (CTP) Insurance & many Private Health funds.

'Please Understand my friend, that where you find yourself tomorrow is a function of the positive decisions & actions you take today'

Akin A. Awolaja

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