



BrainFit
Exercise for body and mind

Exercise Physiology Services

Nowra, Ulladulla, Mollymook

Accredited Exercise Physiologist

Ms Brodie Cambourne

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Specialising in safe cardiovascular exercise for the assistance with the management of:

- Neurological conditions
- Anxiety/depression/PTSD
- Chronic disease

Brainfit Exercise Physiology provides professional exercise prescription and supervised group sessions that cater for maintaining or improving cardiovascular health and brain health.

Brainfit Exercise Physiology is an Approved Fiteracy Service.

Approved Fiteracy Services provide assistance in improving health literacy outcomes through the use of strength based learning and low anxiety learning approaches.

Fiteracy programs encourage all participants to become confident learners about healthy behaviours.

