

MEET OUR EXERCISE PHYSIOLOGISTS

TAHLIA LANG



QUALIFICATIONS AND EXPERIENCE:

- Bachelor of Health Science (Sport and Exercise Science)
- Master of Clinical Exercise Physiology

SPECIALISES IN:

- Type 2 diabetes management
- Working with older adults

BIO:

I'm passionate about assisting and empowering individuals in the community to improve their health and fitness. I believe in using evidence-based practice to achieve the best possible outcomes for each person based on their own personal goals and lifestyle. I aim to achieve improved quality of life for the whole community in an enjoyable and meaningful way.