

Family Fit Exercise Physiology

"Empowering people to feel strong about their bodies..."



Introducing:

Chelsea Ciano

Accredited Exercise Physiologist, AEP ESSAM

Accredited Exercise Scientist, AES ESSAM



Chelsea is the founder of Family Fit Exercise Physiology with 15-years experience in helping people with their movement and lifestyle goals. She is an Accredited Exercise Scientist and Physiologist and is an experienced practitioner in the clinical exercise physiology field. She is passionate about using exercise as a tool to help you think, feel and move better. Chelsea is a strong advocate for consistent, sustainable exercise participation. Her ultimate goal is to empower and support clients in such a way that they move into the maintenance phase of exercise where they can self-manage and their exercise participation is habitually driven.

Chelsea's professional areas of interest are –

- Women's health - PCOS, pregnancy, postnatal rehabilitation and menopause
- Osteoporosis, Arthritis, Fibromyalgia
- Chronic fatigue, post-viral and post-cancer fatigue
- Mental health - anxiety, depression, stress
- Diabetes
- Sedentary
- Body image, exercise attitudes and beliefs
- Behaviour counselling and lifestyle interventions

Services –

- Individual consultations
- 1:1 exercise sessions – 30-mins, 45-mins, 60-mins
- Small-group exercise sessions – in-studio and live online via Zoom
- Telehealth – phone and video-link
- Medicare EPCP referrals
- Return to Work SA referrals
- NDIS: self-managed and plan-managed

Locations –

- Family Fit Exercise Physiology Studio, Tea Tree Gully
 - Wednesdays 9.00am-3.00pm and Thursdays 5.00pm-9.00pm
- Adelaide Health Care, 43 Carrington Street Adelaide
 - Tuesdays 9.30am-2.00pm and Friday 9.30am-4.00pm.

Chelsea uses a scientific yet compassionate approach to using exercise as medicine. Her service is comprehensive, considered and individualised with a holistic approach. Chelsea looks forward to assisting you in using movement and exercise to become healthier, happier version of yourself. She welcomes the opportunity to answer any questions you may have about her approach.



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