

Tom Lord



Philosophy on exercise, health & fitness

Find a physical activity you enjoy to pursue, be that leisurely or competitive. Train to help pursue and preserve the activities, then combine activities with good nutrition to help enhance well-being and performance.

What areas do you specialise in?

Strength training and Injury rehabilitation

Greatest achievement with a client

Helping an injured client from an old car-crash injury through rehab, and helping overcoming a chronic shoulder injury to be able to do upper body strength work again.

Qualifications

Masters of Clinical Exercise Physiology,
Bachelor of Exercise Science

Why should you train with me!?

Know the difference between training vs exercise. Anyone can make you sweat (exercise), however training should be specific to the individual and systemic to ensure continued progress. Going it alone and you'll always miss valuable pieces of the puzzle.

Motto

The first Wealth is Health
