

Moving  
is living



Physiotherapy

Clinical Pilates

Health Conditioning

Do the things  
you love

NORTH EAST  
**Life**  
moving is living





# Invest in your body



## Physiotherapy

### Moving you pain-free

- Find relief from your discomfort
- Do it more, do it better

### Occupational return to work

- Return to work faster
- Be injury-free

### Sports Recovery

- Perform at your peak
- Do what you love with confidence
- Have a successful return to sport plan
- Move with power

### Hydrotherapy

- Let water uplift you
- Recover
- Be strong



## Clinical Pilates

### Inner Strength

- Move with confidence
- Create a better quality of life

### Clinical Pilates

- Stand tall
- Your needs are individual
- Be effective with your exercise



## Health Conditioning

### Strength and Conditioning Fitness

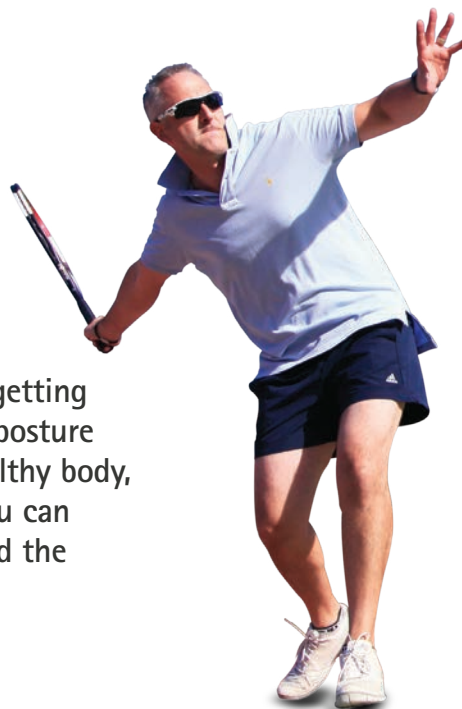
- Invest in your body now for healthy lifestyle outcomes
- Do something to change your body

### Workplace Assessment and Training

- The more you know, the better you work
- Build a stronger future with a stronger spine

## Life is an opportunity. Take it.

North East Life will offer you the right choices for getting the best from your body. Positive lifestyle changes, posture correction and effective exercise can give you a healthy body, strong mental approach and inner strength — so you can balance work, rest and play. We will help you to find the confidence to participate in life.



Benalla  
39 Nunn Street  
T (03) 5762 6866  
E [benalla@nelife.com.au](mailto:benalla@nelife.com.au)

Wangaratta  
10 Chisholm Street  
T (03) 5722 1424  
E [wangaratta@nelife.com.au](mailto:wangaratta@nelife.com.au)

Yarrowonga  
24 Belmore Street  
T (03) 5743 1142  
E [yarrowonga@nelife.com.au](mailto:yarrowonga@nelife.com.au)

Performance

Recovery

Strength

[www.nelife.com.au](http://www.nelife.com.au)

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