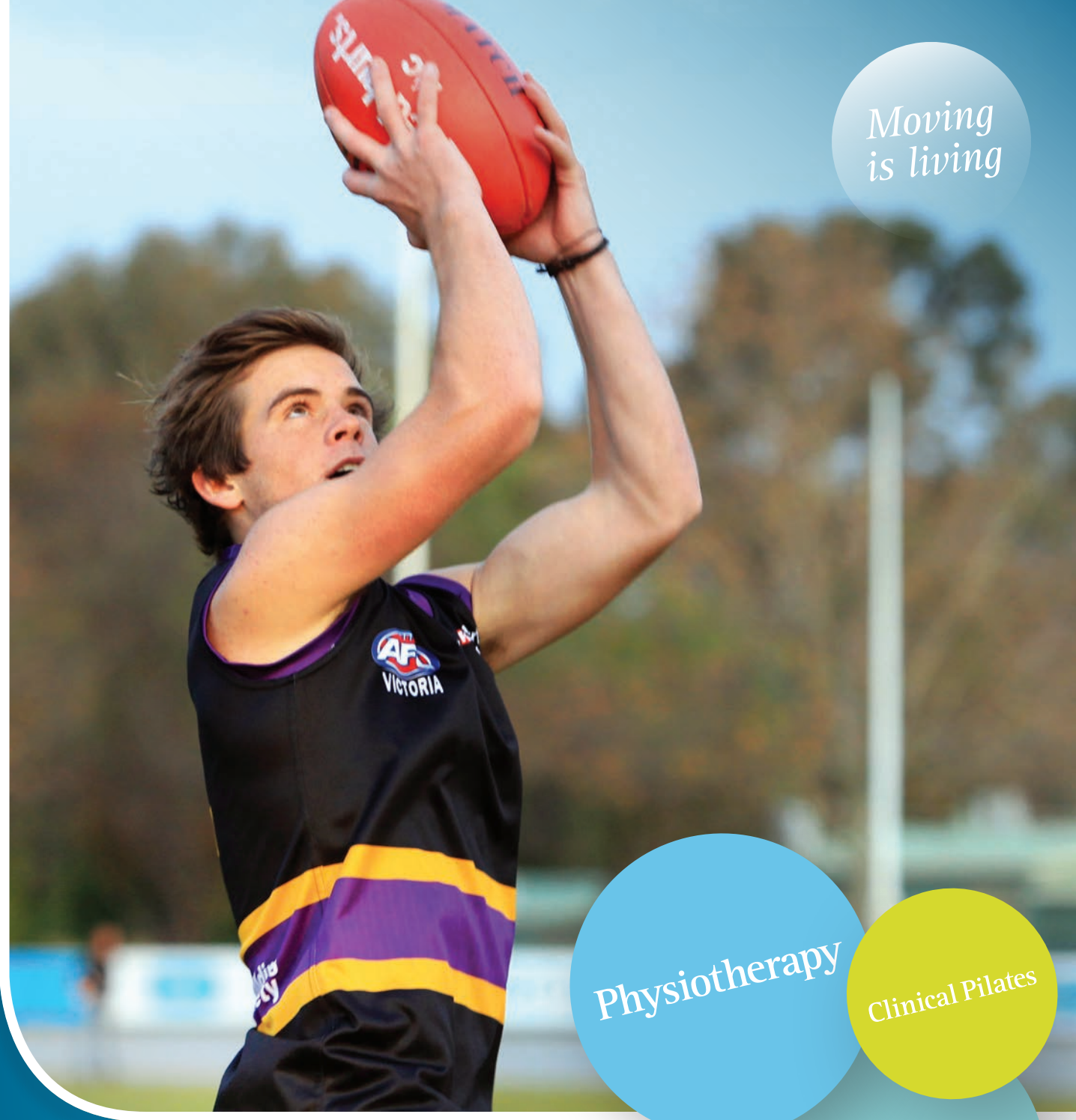


*Moving
is living*



Physiotherapy

Clinical Pilates

Health Conditioning

Perform at
your peak

NORTH EAST
Life
moving is living



Reach your full potential



Physiotherapy

Moving you pain-free

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

Sports Recovery

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



Clinical Pilates

Strengthen your core

- Core control increases your endurance, strength and power



Health Conditioning

Strength and Conditioning Fitness

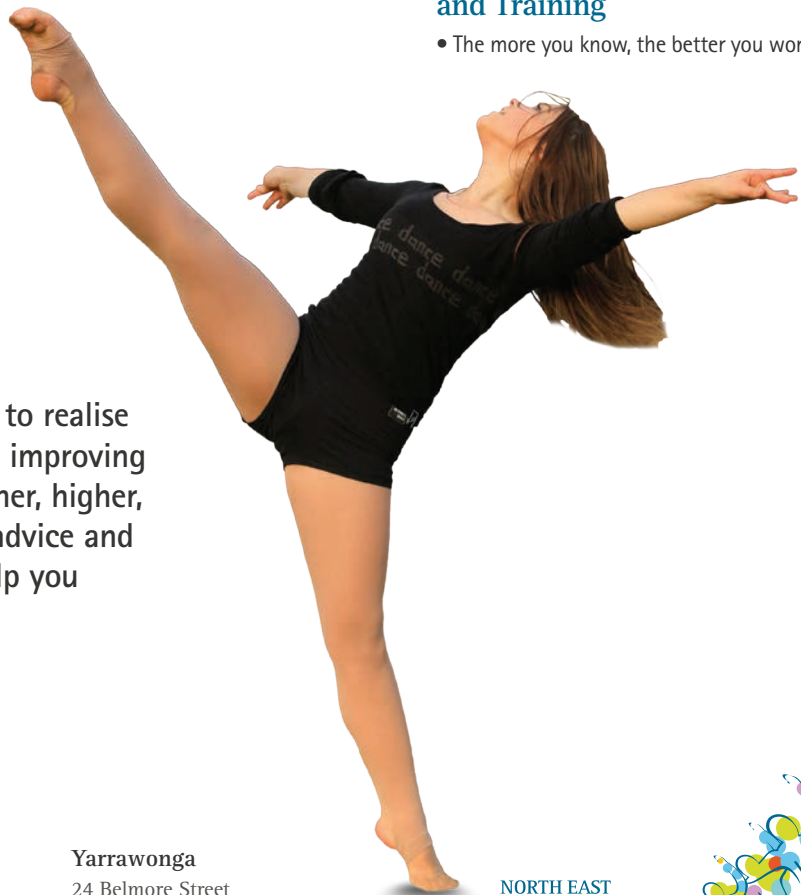
- Invest in your body now for healthy lifestyle outcomes

Workplace Assessment and Training

- The more you know, the better you work

Life is a game, play it.

North East Life will guide your body to realise your dreams. Preventing injuries and improving your core stability can take you further, higher, and stronger for longer. With good advice and supervised exercise plans, we will help you perform at your peak.



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

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

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

Performance

Recovery

Strength

www.nelife.com.au

NORTH EAST
Life
moving is living

