

HEALTH & WELLNESS SERVICES FOR NDIS PARTICIPANTS

UNLOCK YOUR POTENTIAL WITH OUR NDIS SERVICES

At Coastal Bodies, we take immense pride in tailoring our personal training, health and wellbeing services to the unique needs of every individual. Our unwavering commitment shines through in our specialised personal training programmes designed exclusively for you.

PERSONALISED APPROACH. LASTING RESULTS

Our cornerstone is a meticulous and professional assessment process that involves you, your trusted family, and friends. We believe in understanding your goals and special requirements from every angle. With this insight, we develop a comprehensive programme carefully aligned with your goals and aspirations.

EXPERTISE AND DIVERSITY

Our team boasts qualified Personal Trainers with varied backgrounds and ages, who are also qualified in Rehabilitation Training. Whether it's weight loss, muscle gain, greater mobility, or overall health improvement, we have the expertise and experience to customise a programme to suit your individual needs.

CONTINUOUS PROGRESS TRACKING

Your journey matters to us. Progress towards your goals is our shared responsibility. Regular monitoring and reviews ensure we stay on track, adapting our strategies as needed for optimum results.

IGNITING MOTIVATION

Achieving your goals requires motivation. You can count on us to provide the inspiration, enthusiasm, and encouragement you need to help you reach your goals.

TAKE THE FIRST STEP TODAY

Your journey towards a healthier, stronger, and more vibrant life begins now. Let's join together to make your dreams come true!



COASTAL BODIES

www.coastalbodies.com.au

Call 1300 177 119 or 0415 183 645 | Empowerment • Progress • Support