



The AFHQ Philosophy

We believe in the transformative power of exercise tailored to your goals. With a client centered approach, we take pride in crafting personalised exercise prescriptions that adapt to unique conditions. Together, we'll create the perfect environment for you to achieve remarkable outcomes. Let's unlock your full potential!

Meet Andrew & Brad

Andrew and Brad have a strong passion for improving health and functionality. They are dedicated to helping you reach your health goals through evidence-based exercise prescription.



- Tori's Mum

Tori loves her gym sessions with Andrew and Brad, what amazing role models they are for their clients. They do such a great job with Tori.

How Active Fitness Inspires:

- We believe in maximising client outcomes by adopting a low fee structure that optimises NDIS funding.
- Our experience extends across a wide spectrum of pathologies, including down syndrome, multiple sclerosis, TBI, cerebral palsy, and hearing impairment.
- Exercise Physiology falls under the categories of 'improved health and wellbeing' and 'improved daily living,' making it accessible and beneficial.
- We bring our expertise to a large state of the art gym, offering exceptional clinical care for individuals with chronic and acute conditions.
- We understand the unique needs of individuals with social anxiety or difficulty in busy environments, by providing an inclusive experience along with private rooms and accommodating wheelchair access.
- We prioritise flexibility in session times, aligning with our clients' needs and busy schedules.
- Our greatest pride lies in guiding our clients to achieve their goals, enhancing their functionality, and elevating their overall health and well-being.
- We inject joy and excitement into exercise by incorporating game based approaches, making it a fun and enjoyable journey for everyone involved.

Benefits Of Exercise:

- Strength
- Aerobic fitness
- Reduction of comorbidities
- Increased coordination
- Management of symptoms
- Improving/maintaining independence
- Improvement/maintenance of cognition

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