

SERVICES OFFERED

An initial assessment with one of our Accredited Exercise Physiologists is the first step in your journey at Inspire Rehab & Fitness. This 60-minute appointment allows us to understand your health history, current ability and personal goals, so we can design the most effective, evidence-based exercise program for you.

We offer a range of services tailored to your goals and condition

- Individualised gym and home based exercise program
- Hydrotherapy Sessions
- Strength and Balance training
- Falls Prevention
- Return to work rehabilitation
- Telehealth for remote clients
- Home visits available for eligible clients



Contact us today on: 0430 001 302

To book your initial assessment and start your journey towards better health

medicare

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MAIB
Service-Support-Safety

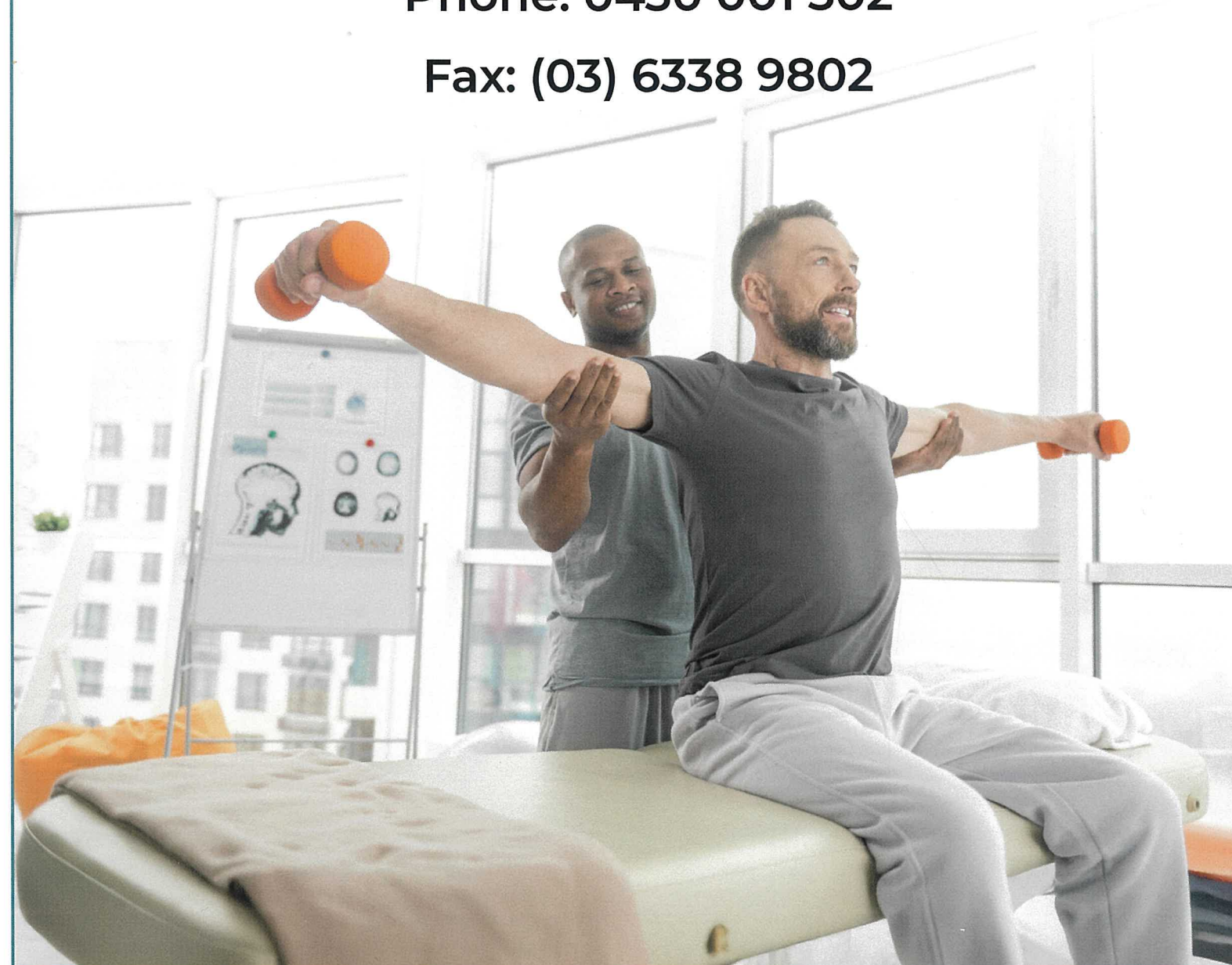
Work Safe
TASMANIA

INSPIRE REHAB & FITNESS

“Empowering you to move better, live stronger, and feel your best.”

Phone: 0430 001 302

Fax: (03) 6338 9802



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www.inspirerehabandfitness.com.au

18A High Street, Launceston, TAS 7250 (Hydrotherapy Location)

146 Abbott Street, Newstead PCYC

ABOUT US

At Inspire Rehab & Fitness, we are committed to helping individuals of all ages and health conditions move better, feel stronger, and live more independently.

Led by Sim Kaur, an Accredited Exercise Physiologist with over 13 years of experience in Launceston, our team specialises in providing personalised, evidence-based exercise programs tailored to each client's needs. We support people managing chronic conditions, recovering from injuries, or seeking to enhance their overall mobility and wellbeing.

Sim has helped over 10,000 clients improve their quality of life through structured movement, hydrotherapy, and a compassionate, client-centered approach.

Her philosophy is simple but powerful: "Exercise is medicine."

Whether you're living with a long-term condition, facing physical challenges, or simply looking to move more confidently, we're here to guide you with professional care, clinical expertise, and a passion for lasting health outcomes.



REFERRALS

- NDIS (Self, Plan or Agency Managed)
- Medicare (EPC/Chronic Disease Management Plans)
- Private (Health Fund Rebates Available)
- MAIB/Work Compensation
- DVA (White and Gold Card)

CONDITIONS WE SUPPORT BUT NOT LIMITED TO

Accredited Exercise Physiologists use evidence-based guidelines to support, treat, and manage a wide range of health conditions through tailored movement and rehabilitation programs. These include:

- Cardiovascular Disease
- Arthritis and Osteoporosis
- Cancer Recovery
- Metabolic Conditions (e.g. Obesity, Diabetes)
- Respiratory / Lung conditions (Asthma, COPD, Fibrosis etc.)
- Mental Health Conditions (e.g. Anxiety, PTSD, Depression, etc.)
- Musculoskeletal Injuries and Chronic Pain
- Neurological conditions (e.g. Multiple Sclerosis, Parkinson's Disease, Functional Neurological Disorder, Stroke Rehabilitation etc.)
- Developmental Conditions (e.g. Autism Spectrum Disorder, Cerebral Palsy)
- Chronic Fatigue Syndrome (CFS)
- Polycystic Ovary Syndrome (PCOS)
- Balance and Falls Prevention

Our goal is to help you move safely and confidently—whether you're recovering from illness, managing a chronic condition or improving your overall wellbeing.

