

**We thrive on the challenge
to improve your health!**

Valetudo is Latin for good health or the state of being healthy which is exactly what We want our clientele to experience. To help you achieve good health the Valetudo Health Team have a broad range of Lifestyle Medicine options to cater for your individual or workplace needs.

Our Health Team consists of Lifestyle Medicine Specialists:

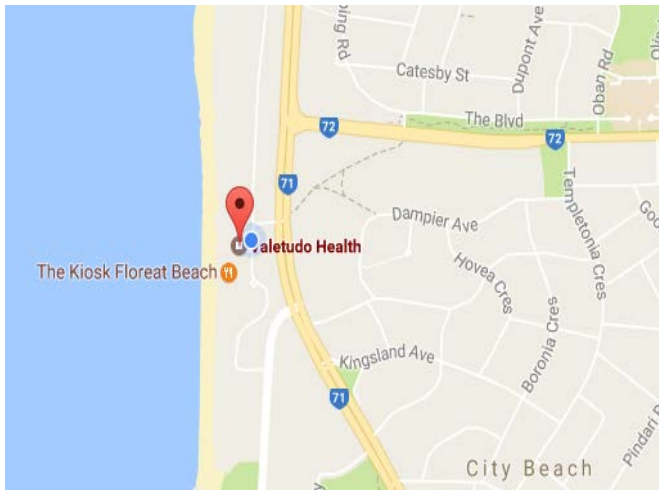
- Exercise Physiologists
- Physiotherapists
- Dietitian
- Remedial Massage Therapist
- Pilates Instructor
- Personal Trainers



Valetudo Health Team
at
Floreat Surf Life Saving Club
1300 799 915
FAX: (08) 6314 66 76
beinspired@valetudohealth.com.au
P.O. Box 1811 Subiaco W.A. 6904



Valetudo Health



Valetudo Multi Sport Coaching

- Swimming
- Cycling
- Running
- Strength Training
- Injury Prevention
- Fitness Adventures

Personalised Goals Focused Training

We offer you a wide range of health care services to choose from:

- Gym Memembrships
- Health Assesments
- Chronic Disease & Cancer Rehab
- Injury Rehabilitation
- Weight Loss
- DIY Gym Program
- Group Fitness Classes
- Nutritional Adivce
- Massage
- Physiotherapy

