



## Charles Ross

Exercise Physiologist

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### Book Now

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[www.acceleratehealth.com.au](http://www.acceleratehealth.com.au)

Call 1300 407 340 and we can make the  
appt for you

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[referrals@acceleratehealth.com.au](mailto:referrals@acceleratehealth.com.au)

Charles is a passionate believer in exercise being medicine and is a strong advocate for movement at all stages of life. Charles began working as an exercise scientist/strength and conditioning coach for 5 years in private practice working alongside experienced physiotherapists and exercise physiologists primarily in the musculoskeletal rehabilitation space. Through this role, Charles gained a distinct passion for helping people leading him to undertake further study to become an exercise physiologist. He gained experience in several clinical settings including the in/outpatient settings at Monash Casey and the Mary Mackillop Institute for Health Research assisting in their advanced cancer trial. Recently Charles has taken his passion for exercise rehabilitation into working within the aged care scope assisting clients of vastly differing backgrounds achieve their goals.

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#### Clinic Locations

- St Kilda, VIC
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#### Available Services



Telehealth



Face-to-face

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#### Cancellation Policy

A minimum of 24 hours notice must be provided for any cancelled appointments. Cancellations within this timeframe (or non-attendance) may incur a cancellation fee.