

# Accredited Providers - Tasmania

June 2009



Lift for Life® is only delivered by Accredited Trainers at facilities licensed by Baker IDI Heart and Diabetes Institute.

Please contact the most convenient provider below to find out more about availability of programs.

As the network of providers is continuously being expanded, please visit [www.liftforlife.com.au](http://www.liftforlife.com.au) regularly for the most up-to-date listing.

Suburb	Provider	Contact
<b>Kingston</b>	Kingborough Sports Centre Kingston View Drive Kingston TAS 7050	☎ 03 6211 8262 💻 Marty Poorter mpoorter@kingborough.tas.gov.au
<b>Launceston</b>	Lifestyle Fitness Personal Training 69 William Street Launceston TAS 7250	☎ 0438 311 426 💻 Donald Macdonald lifefitdonmac@bigpond.com.au

[www.liftforlife.com.au](http://www.liftforlife.com.au)  
1300 733 143



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