

Accredited Providers - Victoria

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 our network of providers is continuously being expanded please visit www.liftforlife.com.au for the most up-to-date listing.

Suburb	Provider	Contact
Bentleigh East	Southern Suburbs Physiotherapy Centre, 705 Centre Rd Bentleigh East, VIC 3165	(03) 9570 8538
Bentleigh East	EFM - Bentleigh East Southern Health Moorabbin 823-865 Centre Road Bentleigh East, VIC 3165	0416 729 744 craig.pringle@efm.net.au
Caulfield	EFM - Caulfield Caulfield General Medical Centre 260 Kooyong Rd Caulfield, VIC 3162	0423 055 299 simon.myles@efm.net.au
Caulfield South	Guardian Personal Training Studio 701 Glen Huntly Road Caulfield, VIC 3162	0412 731 505
Cheltenham	EFM - Kingston Southern Health Kingston Cnr Warrigal Rd and Kingston Rd Cheltenham, VIC 3192	(03) 9265 1333 0419 895 540 christina.wells@efm.net.au
Ferntree Gully	EFM - Ferntree Gully St Josephs College 5 Brenock Park Drive Ferntree Gully, VIC 3153	0401 440 046

www.liftforlife.com.au
1300 733 143



Accredited Providers - Victoria

June 2009



Suburb	Provider	Contact
Frankston	EFM - Frankston 161 McMahons Rd Frankston, VIC 3199	☎ 0412 858 509 💻 ty.menzies@efm.net.au
Hastings	Beleura Sports and Spinal Centre 2/ 53 Victoria St Hastings, VIC 3915	☎ (03) 5979 3737
Hawthorn East	Fernwood Women's Health Club 12-16 Camberwell Road Hawthorn East, VIC 3124	☎ (03) 9882 0006
Hawthorn East	EFM - Hawthorn East Bialik College, Gringlas Sport Centre 21 Cato St Hawthorn East, VIC 3123	☎ 0415 366 847 💻 nathan.louey@efm.net.au
Melbourne	RACV Club Ground Level 501 Bourke St, Melbourne, VIC 3000	☎ (03) 9944 8860
Mentone	M Health Physiotherapy & Pilates 6 / 39-41 Florence Street, Mentone, VIC 3194	☎ (03) 9583 5300
Mornington	Beleura Sports and Spinal Centre 945 Nepean Hwy, Mornington, VIC 3931	☎ (03) 5976 2212
Mount Waverley	Back to Base Health & Fitness 67 Muir Street Mount Waverley VIC 3149	☎ 0422 583 664 💻 perri-l@bigpond.com

www.liftforlife.com.au
1300 733 143



Accredited Providers - Victoria

June 2009



Suburb	Provider	Contact
Mount Waverley	Fitness Central Perfect Set Personal Training 558 High Street Road Mount Waverley, VIC 3149	☎ 0410 343 224 💻 info@perfectset.com.au
Mulgrave	EFM - Mulgrave 14/20 Duerdin St, Nth Clayton, VIC 3168	☎ (03) 9543 7413 ☎ 0410 461 048 💻 steve.hayden@efm.net.au
Parkville	EFM - Parkville The Royal Melbourne Hospital, Royal Park Campus, Poplar Rd, Parkville, VIC 3052	☎ (03) 8387 2539 ☎ 0411 554 792 💻 craig.schulze@efm.net.au
Richmond	EFM - Richmond Epworth Hospital, 89 Bridge Road, Richmond, VIC 3121	☎ 0408 529 800 💻 adam.steere@efm.net.au
Sale	Healthy Inspirations - Sale Level 1, 52 Cunninghame St Sale, VIC 3850	☎ (03) 5143 2166 ☎ 0438 526 933 💻 kirstenmackintosh@healthyinspirations.com.au
Sydenham	EFM - Sydenham Catholic Regional College 380 Sydenham Road Sydenham, VIC, 3037	☎ 0410 413 265 💻 peta.herbert@efm.net.au
Tarneit	EFM - Tarneit Thomas Carr College 35 Thomas Carr Drive Tarneit, VIC, 3029	☎ 0410 413 265

www.liftforlife.com.au
1300 733 143

