



## APPLYING INNOVATIVE SCIENCE TO ACHIEVE YOUR HEALTH & FITNESS GOALS

There's no time like the present to take control of your destiny.

You work hard to achieve your goals in life. However, stress, fatigue and time pressures mean your health and fitness may not be optimal.

Have you wasted time, money and effort on gimmicks or inadequate advice?  
Or perhaps you have slogged it out by yourself, and can't seem to make progress?

Well, you aren't alone!

## JUST FOR YOU

Everyone can achieve a measurable improvement in their health and fitness.

Our bespoke programs are carefully designed to help everyone, from high performance athletes, through to those with limited physical abilities, or recovering from illness or injury - to make progress towards realistic and sustainable health and fitness goals.

Your personalised program guides you to improved fitness; strength; metabolic control; energy; resilience; mental health and performance.

You will be looked after by Dr Simon Sostaric, a highly experienced and distinguished exercise physiologist, sports scientist and researcher, who has a passion to help people just like you.

## HOW WE HELP

1. **WE LISTEN** and understand your unique wellness concerns and goals. With flexible hours, we make it easy to schedule an appointment.
2. **WE EVALUATE** advanced evidence-based assessments of cardiovascular function (VO2max), body composition (DEXA scan), and metabolic indicators (biochemistry).
3. **WE PLAN & EMPOWER** taking control of your destiny. Together we develop a targeted program that suits your lifestyle, needs, and goals
4. **WE SUPPORT & REASSESS YOUR PROGRESS** tailoring ongoing support to your needs. From regular meetings, through to online wearable monitoring methods.

## ACT NOW

Your dedication to making lifestyle improvements will be a rewarding and liberating experience. We are delighted to help you build an effective action plan to achieve your goals.



## CONTACT US

Shop 1, 75 Keilor Rd  
Essendon, Victoria 3040. Australia  
Telephone: 03 9374 4077  
Email: [enquiry@msahc.com.au](mailto:enquiry@msahc.com.au)  
Web: [www.msahc.com.au](http://www.msahc.com.au)