

# BEN LAZZARO



EXERCISE PHYSIOLOGIST

## About Me

Ben founded Built2Move in 2021 and has now been practising as an EP for over 5 years. Ben has been an Accredited Exercise Physiologist since early 2019 and has been working in the health/fitness field since 2017. Ben has substantial experience working with disability through the NDIS, Workcover and Functional Assessments, DVA Patients, Medicare Patients and Private Patients.

## Specialties

- CrossFit/Olympic Lifting Rehab
- Boxing and Combat Sports Rehab
- NDIS
- Mental Health
- Musculoskeletal and Neurological rehab

## Mission Statement

Ben is always looking forward to maximising client's movement potential and making a substantial change in their life. Ben believes in being an influencer of positive change in all aspects of his client's lives.



ben@built2move.net



02 7259 6181