

Chris Tzarimas (Tzar)

MSc(Ex. Rehab.) BSc(HMS) FAAESS

Accredited Exercise Physiologist

Director, Lifestyle Clinic

Associate Lecturer (Conjoint) – Exercise Physiology, UNSW

As the director of the Lifestyle Clinic, Chris Tzar is an accredited exercise physiologist with extensive experience in providing exercise therapy and lifestyle programs for people with conditions including cancer, diabetes, cardiovascular disease, musculoskeletal disorders and HIV+/AIDS. A leading advocate for physical activity and lifestyle strategies to prevent or manage chronic disease, Chris has been involved in numerous federal and state health initiatives, is a fellow and current director of Exercise & Sports Science Australia (ESSA) and serves on the Executive Committee of the NSW Cancer Survivors Centre.

In collaboration with the Illawarra Division of General Practice, Chris developed the Illawarra GP-EP diabetes and hypertension project. As part of his post-graduate research, Chris investigated a multi-disciplinary treatment model to improve patient health outcomes. Following its success the project expanded across the region as an ongoing service for the local community.

Chris played an integral role in developing the ACON Healthy Life+ program, a community lifestyle program for people with HIV+/AIDS, in collaboration with the Aids Council of NSW. The program received international recognition for the improved health-outcomes in participants. He currently serves as the consultant Exercise Physiologist.

As Past-President of the Australian Association for Exercise and Sports Science-NSW (AAESS-NSW), Chris was the principal negotiator with the Department of Health and Ageing for the inclusion of Exercise Physiology services under Medicare's allied health measures. Other achievements during his term include:

- Establishing the referral network between the Royal Australian College of General Practitioners (RACGP) and the AAESS, for referral of patients to EPs for physical activity and lifestyle interventions;
- Establishing the WorkCover-NSW regulatory framework for Exercise Physiology services;
- Introduction of the NSW-Health award rate for Exercise Physiologists;

After 14 years experience as a clinician, Chris serves on the NSW-Health Diabetes Clinical Expert Reference Group, is a regular contributor for the *Diabetes Management Journal*, the *Journal of Complimentary Medicine*, and is an editorial board member for *Heartwise*. He also writes exercise-therapy related articles for the health section of the *Weekend Australian*.