

Justin is an accredited Musculoskeletal Rehabilitation Practitioner with Sport and Exercise Science New Zealand. Justin currently works with a variety of Sir Edmund Hillary Scholarship athletes, the University of Waikato Premier Rugby Team, the New Zealand Tennis Academy and oversees the Multiple Sclerosis Group Exercise Training programme. Justin sits on the Executive for the Waikato branch of Sports Medicine New Zealand. He believes in continuous professional development and regularly attends conferences and seminars and therefore is up to date with the latest research in the Strength, Conditioning and Rehabilitation domain.

Justin is passionate about helping individuals perform to the best of their ability and provides an encouraging environment to exercise in. Justin has a love of cricket, rugby, soccer and athletics having competed at these sports at a competitive level. Apart from working Justin loves to spend time with his wife Hayley and his daughter Kimberly.

Justin Stewart

Rehabilitation & High Performance

BA Sports Science

BA Honours Sport Science with a Specialisation in Biokinetics (Musculoskeletal Exercise Rehabilitation)
UK Athletics Level Coaching Award in Sprinting and Hurdling
Level 1 Rugby Coaching Award from the Natal Sharks
Musculoskeletal Exercise Rehabilitation Practitioner registered with Sport and Exercise Science New Zealand
XLR8 Bronze Certificate
Head Strength and Conditioning Coach for the Sir Edmund Hillary Scholarship Programme

Specialities

Musculoskeletal Exercise Rehabilitation (Prevention and Corrective Exercise) with a specialisation in the lower back
Sport & Exercise testing & prescription
Speed, agility and quickness training



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