



Meet our Leader – Troy Burgess enthusiastic charismatic dependable

2012 – Present: Owner, Director & Principal Exercise Physiologist of Achieve Exercise Physiologists

2010 – Bachelor Clinical Exercise Physiology – James Cook University Townsville

I have also worked with Work place rehabilitation & Mission Australia providing AEP services.

I pursued a career in health as an Exercise Physiologist after a family member passed away from a health problem that could have been prevented. I felt helpless knowing at the time that it was too late, and I couldn't change anything... I started Achieve to provide a service to help others prevent health conditions from affecting them and their family and friends.

I first became interested in rehabilitation after I seriously injured my left ankle playing basketball.

After a very long recovery I assisted in refereeing and coaching in basketball (as I wasn't allowed to play again). I needed an outlet for my endless teenage energy, so I threw myself into athletics – track and field and competed in decathlons. I also represented Australia in the Oceania Games in 2007 for track and field athletics.

I love my job and starting Achieve was the best decision I have made. I love helping people to help themselves, teaching them that they can overcome the pain, health condition or physical limitations. Helping people improve their quality of life and being with them as they reach their goals is inspiring to me. My clients are a constant reminder of why the services we provide are so important.

I believe good leaders lead by example. Leaders should always strive to keep improving themselves and help their team become the best people they can be.

I am a work-horse. I always take on way too much and want to help everyone and always say yes. Thankfully I have an amazing team behind me in both Townsville and Brisbane and they are all just as dedicated to Achieve and our clients and I am. I couldn't be prouder of everything the team has achieved over the last 5 years and hope that we continue to grow and reach our own goals!

Biggest Achievement – Notational Award – ESSA 2016 best practice

Mantra: Work hard, never assume you know everything and always try to become the best version of yourself.