

Kayla Morosin

Evolve Health

Kayla has completed both a Bachelor of Health Science and a Master of Physiotherapy at the University of Sydney. She opened up her clinic, Evolve health Illawarra, in 2015 alongside her business partner, Osteopath, Lachlan McGregor.



The business which began as just two sole traders in a tiny demountable building in Figtree, has now grown into a multidisciplinary allied health clinic, consisting of osteopaths, physiotherapists, remedial massage therapists, exercise physiologists, a naturopaths and yoga and Pilates instructors. Evolve's complex in Wollongong is now made up of 5 treatment rooms and a fully equipped gymnasium.

Following the birth of her two children, Kayla furthered her studies into the area of pre/postnatal women's health physiotherapy. She saw the gap in support for women and their changing bodies during this monumental time in life. Due to this, and her never ending need to challenge herself, she has recently begun a secondary business venture – Evolving Bellies.

This online platform offers evidence based educational resources, telehealth consults, in-home bookings and will soon deliver digital pregnancy safe, and postnatal exercise programs. Her goal is to bring a helping, healing and empowering hand to women in the comfort of their own home environment.