

# Exercise Physiologist

# Mia

## Areas of expertise



Cancer rehabilitation  
Neurological disorders

Metabolic conditions  
Womens health



## About me

I completed a Bachelor of Sport and Exercise Science at Latrobe University, followed by a Master of Clinical Exercise Physiology at Deakin University. I use exercise as medicine and take a client-centered approach with individualised exercise prescription and education. I am passionate about helping clients achieve their goals and improving their quality of life. At Mill Park Leisure I take individual sessions, group sessions and hydrotherapy sessions. I have experience working with people of all ages and with many different diseases, injuries and disabilities. I have a special interest in cancer rehabilitation, metabolic conditions, neurological disorders, strength and conditioning and women's health.

In my spare time, I enjoy playing cricket, attending Pilates and strength training.

## Qualifications

- Master of Clinical Exercise Physiology (ESSA Accredited Exercise Physiology)
- Bachelor of Sport and Exercise Science (ESSA Accredited Exercise Scientist)
- Level 1 Registered Fitness Professional (Personal Trainer and Gym Instructor)