

# Mia

Exercise Physiologist

## Areas of expertise

Cancer rehabilitation  
Neurological disorders

Metabolic conditions  
Womens health



## About me

Mia completed a Bachelor of Sport and Exercise Science at Latrobe University, followed by a Master of Clinical Exercise Physiology at Deakin University. She uses exercise as medicine and takes a client-centered approach with individualised exercise prescription and education. Mia is passionate about helping clients achieve their goals and improving their quality of life. Mia has experience working with people of all ages and with many different diseases, injuries and disabilities. She has a special interest in cancer rehabilitation, metabolic conditions, neurological disorders, strength and conditioning and women's health.

In her spare time, Mia enjoys 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)

Thomastown  
Recreation &  
Aquatic Centre



City of  
Whittlesea