

MELISSA VAN

Exercise Physiologist

AREAS OF INTEREST:



CANCER
REHABILITATION



RESISTANCE
TRAINING



CARDIO



STRENGTH &
CONDITIONING

ABOUT ME

I am an Accredited Exercise Physiologist who has completed my Bachelor of Exercise and Sport Science, followed by Master of Clinical Exercise Physiology at Deakin University.

With my clinical practicum experience, I have worked with a wide range of clients with different and complex conditions.

Through the years, I have continued to develop communication skills and exercise prescription to aid in improving quality of life with both acute and chronic conditions. These include cardiovascular, pulmonary, neurological, musculoskeletal, mental health and metabolic conditions.

In addition, I enjoy working with clients 1-on-1 and within group settings to build their overall fitness and strength. In my spare time, I engage in reformer pilates, strength training and bouldering.

QUALIFICATIONS

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

YAWA.
AQUATIC CENTRE