



CHRISTINA

PERSONAL TRAINER

Specialises in

- Strength and Conditioning
- Sport Specific Training
- Injury Rehab and Prevention
- Chronic Condition Management

Qualifications and Experience

- Bachelor of Exercise and Sport Science

Bio

Chrissy graduated from her Bachelor's degree in 2020 and is currently studying a Master of Clinical Exercise Physiology, which focuses on chronic condition management (from cardiovascular and muscular problems to neurological conditions). She strives to help people, empowering them and improving their quality of life through exercise. She has seen firsthand the drastic, positive changes exercise can make to someone's life, from something as simple as improving a minor muscle strain, to seeing someone who was told they could never walk again to stand up and take a few steps.