

HOLLIE MCDONALD

Exercise Physiologist

AREAS OF INTEREST:



CANCER
REHABILITATION



QUALITY
OF LIFE



MENTAL
HEALTH



RESISTANCE
TRAINING

ABOUT ME

Hi! I'm Hollie and I am an Accredited Exercise Physiologist having completed a Bachelor of Exercise and Sport Science, and a Master of Clinical Exercise Physiology at Deakin University.

During my studies, I have gained experience in both private practice and hospital settings. Through this I have continued to adapt my delivery of exercise prescription to a wide range of clients with a multitude of conditions. These include both acute and chronic neurological, metabolic, cardiovascular, and mental health conditions.

I enjoy working with my clients to establish a plan so that they can best achieve their goals based on their own personal requirements.

In my free time I play soccer for a VPL team and I like to regularly participate in strength and resistance training.

QUALIFICATIONS

- Bachelor of Exercise & Sport Science (ESSA Accredited Exercise & Sport Scientist)
- Master of Clinical Exercise Physiology (ESSA Accredited Exercise Physiologist)

YAWA.
AQUATIC CENTRE