

# MELISSA VAN

Exercise Physiologist

## AREAS OF INTEREST:



CARDIOVASCULAR  
& PULMONARY  
CONDITIONS



NEUROLOGICAL  
REHAB



MENTAL  
HEALTH



MUSCULOSKELETAL  
REHAB

## ABOUT ME

My journey as an Exercise Physiologist has been shaped by her work with a diverse range of clients, from those managing chronic conditions to individuals improving their physical fitness. With a Master of Clinical Exercise Physiology and a Bachelor of Exercise & Sport Science from Deakin University, My expertise spans cardiovascular, pulmonary, neurological, musculoskeletal and metabolic conditions.

I excel at building strong, personal relationships with my clients, whether one-on-one or in group settings. My focus is on improving fitness, strength and quality of life through a blend of tailored exercise programs. In my downtime, you'll find Melissa practicing reformer pilates, strength training and enjoying bouldering.

## QUALIFICATIONS

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

**YAWA.**  
AQUATIC CENTRE