



Michael Trevaskis

PERSONAL COACH | EXERCISE PHYSIOLOGIST

Accredited Exercise Physiology (EP) with Exercise and Sports Science Australia (ESSA)/ Fitness and Health Trainer. An Accredited Exercise Physiologist is a Health professional who specialises in the benefits of exercise to help patients gain fitness for all round good health, or to treat patients with a medical condition through exercise. Michael specialises in Exercise Rehabilitation for Cardiopulmonary, Metabolic, Musculoskeletal and Neuromuscular conditions/injuries, Golf Specific Training/Conditioning, Sporting Injuries and Postural Problems.

QUALIFICATIONS:

- Masters in Clinical Exercise Physiology
- ESSA Accredited
- Bachelor of Exercise Sport Science
- Exercise Scientist with ESSA
- Cert III and IV in Fitness

OPEN 7 DAYS A WEEK

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