



ANGELA MITROVIC

From a young age I always had a natural ability at sports. As a teenager I was competing at a state and national level for athletics and touch football. I continued to play women's A grade touch football when I finished school and kicked off my personal training career. I loved learning about the human body and how complicated it is. Over 15 years later and I still find it as interesting as day one. Becoming a qualified exercise therapist I gained experience working alongside physios in hospital rehabilitating clients after joint replacement surgery. As well as working in special needs clinics and helping clients with chronic health conditions and disabilities. I have spent time teaching clinical Pilates at a physiotherapy centre for clients with back and neck problems. After becoming a mum myself I realised how little guidance is given to mothers to get back to exercise safely after leaving hospital and made it my goal to help educate women about their bodies after having children and the changes that happen from there as you age and head towards menopause and beyond

Quote

" Never stop working on yourself mentally and physically, surround yourself with those who lift you to your potential."

What can you offer?

A no frills approach to getting where you need to be mentally and physically. I am not about fad diets and the latest training program or getting somewhere fast and falling back off the wagon. I use a holistic approach to gain results - mind, body and functional movements.

I like to educate my clients about their body as a whole system and making progress that is sustainable. I like to think outside of the box with my exercise and program design. I like to start from the base foundations of posture, mobility and core strength and build on from there. I use an array of different equipment with my clients from wobbleboards, Indian clubs and tornado balls to torsionators and crankit straps to keep our sessions fun but challenging.

Qualifications

- Diploma of fitness
- ASCA Level 1 Strength and conditioning coach
- Level 1 Pilates matwork including reformer and trapeze table instruction
- Level 1 Kettlebell trainer
- Level 2 suspended fitness trainer
- Kettlebell and suspension fusion trainer
- Functional pregnancy and post natal trainer
- Children and adolescent trainer and older adults trainer
- Functional patterns trainer
- Thomas myers myofascial training immersive
- Finch therapy personal trainer and bodywork trainer
- Professional development for boxing
- Developing athletes workshop
- Womens hormone wellness course.
- Barefoot strong summit and Functional foot and ankle series