

CYNTHIA MAK

Exercise Physiologist

AREAS OF INTEREST:



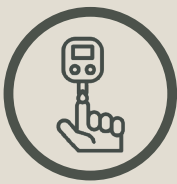
CANCER
REHABILITATION



QUALITY
OF LIFE



MENTAL
HEALTH



METABOLIC
CONDITIONS

ABOUT ME

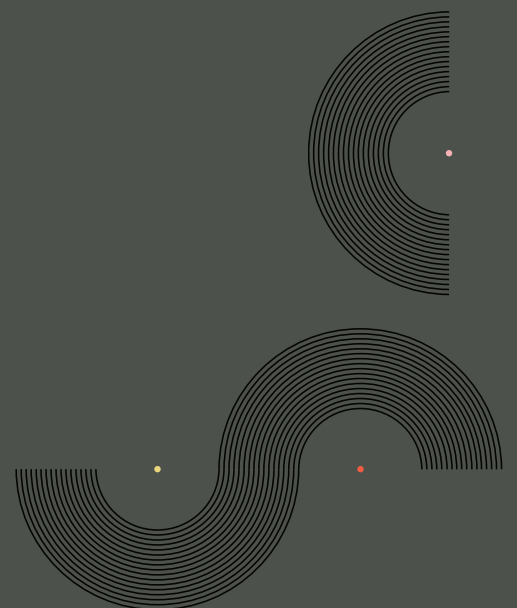
I am an Accredited Exercise Physiologist and completed my Master of Exercise Physiology and Bachelor of Exercise and Sport Science at Deakin University.

I have experience working in both private practice and hospital settings, seeing a wide range of clients with different conditions including but not limited to cardiac and pulmonary, metabolic, mental health, cancer rehabilitation, and neurological. I enjoy running group sessions as well as facilitating one-on-one sessions, with the goal of improving clients' functioning and quality of life through exercise and education. I take a client-centred approach to treatment plans and enjoy collaborating with clients to help them achieve their personal goals.

During my free time, I enjoy playing basketball socially and participating in strength training.

QUALIFICATIONS

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



YAWA.
AQUATIC CENTRE