



# BIANCA BLAZE

## EXERCISE PHYSIOLOGIST

### Specialises in

- Exercise pre, during and post-pregnancy
- Exercise for musculoskeletal rehab (injuries)
- Exercise for oncology patients
- Reformer and mat pilates

### Qualifications and Experience

- Bachelor of Exercise & Sport Science / Bachelor of Business (Sport Marketing)
- Master of Clinical Exercise Physiology

### Bio

I am an avid Essendon supporter and enjoy learning to cook (especially desserts!), playing with my dog and going out to eat. I love being an EP because it allows me to connect with people of all ages, skills and abilities and use evidence-based practice to guide my prescription. My philosophy for EP is to introduce exercise into your life in a way that is meaningful and hopefully enjoyable for you, so that you are feeling your best!