



# JACQUI ALLEN

## PERSONAL TRAINER

### Specialises in

- Older Adults
- Functional Training
- Women's Health
- Rehab and Prehab programs

### Qualifications and Experience

- Bachelor of Applied Science (Human Movement Science) RMIT
- Certificate 3 and 4 in Fitness / Personal Training
- Older Adults Trainer
- Advanced First Aid / CPR

### Philosophy

"Move well." I enjoy helping clients improve their functional movement for their daily life.