

Mary Whaling

Mary has been a Personal Trainer since 2011. With a background in Physiotherapy she has a passion for helping people move better, get out of pain and become a stronger version of themselves.

Since hitting early Menopause at the age of 41, Mary has become passionate about helping women navigate this transition in their lives by promoting a healthy lifestyle and putting a huge emphasis on functional strength training.

Qualifications

- Physiotherapy BSc (Hons)

- Cert III & IV in Fitness

- Functional Movement Systems (FMS)

- Selective Functional Movement Assessment (SFMA)

- Neurokinetic Therapy (NKT) Level 1 & Level 2

- Dynamic Neuromuscular Stabilisation (DNS) Exercise Part I & DNS Movement Flow & Flexibility

- Animal Flow Instructor

- A Comprehensive Guide to Exercising Through Pregnancy & Beyond Certificate

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