



# Linda Mrkic



## *Personal Trainer*

Linda finds joy in helping people gain confidence with exercise and in achieving their personal health & fitness goals. Linda has completed three university degrees - a bachelor's degree and two masters degrees - all in Health Sciences. In case that wasn't impressive enough, she also has four years' lecturing experience as a University Professor in Exercise & Sport Sciences & Health Promotion. She is a Registered & Accredited ESSA Exercise Scientist, certified level 3 personal trainer and level 2 wellness coach.

Linda is passionate about providing wellness & movement skills to help people help themselves in achieving their desired outcomes.

To arrange a one on one and/or two on one personal training session, please call Linda on 0402 288 613 or email Linda via [lindamrkic@hotmail.com](mailto:lindamrkic@hotmail.com).