

**EXERCISE
RIGHT
WEEK
22-28
MAY**

**Get to know
your
Exercise
Physiologist**



ROBYN YIN

Where did you grow up Born in South Africa, grew up in Vancouver, Canada & Sydney

Nickname Robdog, Robbo, Robs

Star sign Capricorn

Favourite meal/food Ramen (Japanese noodles), best slurped on a cold night!

Your favorite zoo animal Bears

Travel destination that you have not been to yet So many! Iceland and Switzerland

Favourite type of exercise Weight training

Something clients don't know about you I really do not like cats! I must have had a bad experience when I was younger that makes me fear them!

A purchase under \$100 that has positively influenced your life My Nutri-Ninja that makes my breakfast smoothie in 10 seconds every morning!

The best thing about being an EP Teaching people new skills and giving them confidence to see them transform and feel better!

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TOM PATTERSON

Where did you grow up Tamworth

Nickname Patto

Star sign Aquarius

Favourite meal/food At the moment red thai curry

What's your favorite zoo animal Chimpanzee

Travel destination that you have not been to yet Patagonia

Favourite type of exercise Anything, except for the x-trainer!!

Something clients don't know about you When I was 21 I bought a car in South

Africa and drove across 6 countries over 2 months to Tanzania

A purchase under \$100 that has positively influenced your life My thermos to put
my coffee in everyday :)

The best thing about being an EP Meeting new and interesting people on a daily
basis who I wouldn't usually interact with and then helping to improve their
quality of life

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SARAH COMENSOLI

Where did you grow up Albion Park

Nickname Commo

Star sign Stubborn Capricorn

Favourite meal/food Anything Italian - pizza if I had to choose one dish

What's your favorite zoo animal Don't think i've ever been to a zoo! Panda's seem to be pretty chilled creatures

Travel destination that you have not been to yet Middle East

Favourite type of exercise Strength training

Something clients don't know about you I've lost my passport in Italy, Nepal, Singapore, India and Tibet..but have always gotten it back!

A purchase under \$100 that has positively influenced your life A good Pashmina from India. Always a good travel companion, handy for overnight buses/sleeping in airports

The best thing about being an EP The many laughs! And interacting with so many people whilst helping them improve

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PHIL CARUSO

Where did you grow up Gladesville

Nickname Vic (as in Vic Lorusso)

Star sign Aquarius

Favourite meal/food Steamed chicken & broccoli (and by that i mean Pizza!)

What's your favorite zoo animal The rhinoceros!

Travel destination that you have not been to yet A little village called Agira, based in Sicily, Italy where my father was born and would love to visit and appreciate the culture

Favourite type of exercise Running & boxing

Something clients don't know about you I've broken 10 bones in my body (so far)

A purchase under \$100 that has positively influenced your life A 3 session trial package at a martial arts studio

The best thing about being an EP Regardless of how different we all are as human beings, we can use exercise as a way to better ourselves, which I love being apart of and helping people undertake

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FREYA CLAYHILLS

Where did you grow up Sydney mostly in the North Shore area

Nickname Freybags, Claynuts, Cray Frey, Frey Frey

Star sign Gemini

Favourite meal/food Lamb! Yum

What's your favorite zoo animal Giraffe

Travel destination that you have not been to yet Europe

Favourite type of exercise Team based exercise - sprints, high intensity training or resistance training. Something that challenges me mentally and physically!

Something clients don't know about you I'm half Finnish. I LOVE sport and play Rugby 7's, Touch footy and surf

A purchase under \$100 that has positively influenced your life There is nothing under \$100 that shapes my life as much as experience and relationships

The best thing about being an EP Helping someone with no direction or confidence with exercise TO being pain free, excited to exercise and motivated to develop into a healthier, stronger and happier version of themselves.

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JOEL BROMLEY

Where did you grow up Dural, Sydney

Nickname JB

Star sign Cancer

Favourite meal/food Japanese

What's your favorite zoo animal Hippopotamus

Travel destination that you have not been to yet Scandanavia

Favourite type of exercise A cross training session outdoors

Something clients don't know about you I have a cat with one eye named Eyespy

A purchase under \$100 that has positively influenced your life A drop deck skateboard. A great way to relive my youth but hopefully avoiding the injuries

The best thing about being an EP Getting to know and building relationships with such a diverse range of people

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HOLLY SMART

Where did you grow up Forbes

Nickname Hol

Star sign Aries

Favourite meal/food Lamb roast

What's your favorite zoo animal Elephant

Travel destination that you have not been to yet Ireland

Favourite type of exercise HIIT (High intensity interval training)

Something clients don't know about you I'm studying a Doctor of
Physiotherapy

A purchase under \$100 that has positively influenced your life A blender

The best thing about being an EP Seeing people get excited about their
progress (and wearing joggers and tights to work!)