

# EXERCISE PHYSIOLOGIST TARA HARRINGTON

## QUALIFICATIONS

Tara graduated from her Master of Clinical Exercise Physiology degree at Deakin University in 2020.

Prior to this, Tara completed a Bachelor of Health Sciences and Bachelor of Exercise and Sport Science, also at Deakin University.



## AREAS OF EXPERTISE

Tara has experience in a public hospital setting, as well as a private clinic setting and has also gained experience in strength and conditioning with the AFL umpires.

Tara believes everyone should be given the opportunity to live to their full potential, motivating clients to want to achieve their goals, both short-term and long-term.

Tara advocates for exercise as a form of medicine, constantly preaching the importance of keeping active to those around her and the benefits of exercise on not only our physical health, but also our mental health.

## BIO

Tara enjoys keeping active in as many ways as possible, with a history of playing several sports and currently engaging in running, pilates and weights training.

During the COVID-19 pandemic, Tara started up an online resource in order for friends and family to access a range of workouts, ranging from HIIT to strength sessions, including a weekly soon workout to encourage social interaction.

