

EXERCISE PHYSIOLOGIST CLAUDIA COSOLETO



QUALIFICATIONS

Claudia graduated from her Masters of Clinical Exercise Physiology at Australian Catholic University (ACU) in 2022.

Previously, Claudia completed a Bachelor of Exercise Science (Sport Practice) at Victoria University, graduating in 2020. As part of her bachelor degree she also completed a semester abroad in Leeds, England at Leeds Beckett University.

AREAS OF EXPERTISE

Claudia has previous experience working in a private practice setting managing a diverse caseload including musculoskeletal, cardiovascular, metabolic, vestibular, chronic fatigue and women's health conditions.

Claudia has a passion for women's health and has completed additional study in hormone health, PCOS, endometriosis conditions to be able to provide the highest care to these populations.

Claudia strongly believes exercise and movement is medicine and can assist everyone to live healthier, happier and more functional lives. Claudia is passionate about working with people to achieve their goals and enjoys getting to know her clients and celebrating their wins.

BIO

Claudia enjoys being physically active mainly through completing strength training and going for walks. Claudia enjoys the social side of being active, loving being able to connect with friends and family by going on walks together.

Claudia has a passion for sports, with particular interest in AFL and netball. You will find her at the MCG most weekends watching her beloved Magpies play.

