

livfitmindandbody@gmail.com

Deviant 24:7 Gym

OLIVIA

MILLIGAN

PORT ADELAIDE



PERSONAL TRAINER

Certificates III & IV in fitness | N.D. Food Science | F.D. in Psychology | Currently Studying B.S. Psychological Science | ANB State Champion & 2x1st Ms Fitness

SPECIALTIES

- ▶ Completion Prep
- ▶ Strength & Conditioning
- ▶ Corrective Exercise Specialist
- ▶ Prevention & Rehab Exercise
- ▶ BDD & Disorder Eating Support
- ▶ Post Competition Health Protection

PORT ADELAIDE



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