

# Sarah Priasca



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## OPERATIONS MANAGER

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I find the relationship between the human body and exercise intriguing. The human body is the most fascinating thing in the world, especially when it comes to its adaptability to exercise. Exercise can be used to prevent and treat conditions and diseases, which I look forward to working towards when I graduate from my studies of Clinical Exercise Physiology.

I have completed my Certificate III and IV in Fitness at the Australian Institute of Fitness. Exercise is more than a physical demand to me, it is also about taking control of mental and emotional aspects of ones self.

I believe that exercise is for everybody and is a universal language that everyone should 'speak'.

*Quote: "Exercise is the worlds BEST Medicine"*