



**Milly
Ingham-McQuade**

Health and Fitness Manager

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Areas of expertise

- Strength and conditioning in athletes
- Prehab and rehab of injuries
- General weight loss
- Functional movement

Qualifications

- Sport and Exercise Science (BSc Hons)
- Diploma in Fitness
- Strength and Conditioning Level 2 (ASCA)

Bio

Milly has always maintained a very keen interest in exercise and movement and how this relates to everyday life and the sporting world. She moved to Australia from the UK eight years ago and since her arrival, Milly has worked in a variety of gyms and leisure settings. She has been fortunate to work with many elite athletes of various sports including netball, soccer, AFL, running, rugby and many more.

Milly used to be a rower at a high level, however, after an injury she had to end this activity. She understands firsthand how devastating limited movement can be in everyday and sporting life. Milly enjoys working with clients, assisting them to move, jump, walk, run and achieve whatever their movement goals may be. Qualified with a Bachelor of Science with Honours and numerous other achievements, Milly is the Health and Fitness Manager at Mill Park Leisure.