

Helaine Yeung

Personal Trainer

Industry Registered Qualification

- Fitness Australia Level 1 Registered Exercise Professional
- 1 year combined experience

Qualifications/Certifications

- Graduate Diploma Nutritional Science
- BSc (Hon) Applied Biology with Biotechnology
- Certificate IV Fitness
- Certificate III in Fitness
- First Aid
- CPR
- Master of Human Nutrition and Dietetics (in progress)

Knowledge and Skills

- Languages- Cantonese
- Languages- Mandarin
- Working with Vulnerable People

Specialty

- Female Training
- Nutrition

Hobbies and Interests

- Swimming
- T.V
- Cooking

