

Debbie Pickersgill

- **Cancer Exercise Specialist (CES)**
- **Medical Exercise Specialist (MES)**
- **Accredited Exercise Physiologist (MESSA AEP)**

Deb Pickersgill is a qualified medical exercise specialist and exercise physiologist, uniquely trained to assess, design and implement individual and group exercise and fitness programs for people with cancer.

Deb combined her experience as an elite athlete (an Australian representative in discus) with a desire to improve health outcomes for people with cancer. She studied in the USA and tailors programs that are safe, effective and enjoyable.

Deb understands the physical and emotional challenges faced by people with cancer. She can also provide practical advice relating to exercise and fitness and assist with personal therapy aids.

