

Bridie Groenen

Bridie Groenen is an accredited exercise physiologist currently working at Bodyfit NT. She received her Graduate Diploma in Clinical Exercise Physiology from University of Ballarat (now Federation University) before commencing employment as a Graduate Exercise Physiologist at Bodyfit NT in 2013. After one and a half years as a practising exercise physiologist Bridie was elevated to a position as Remote Programs Manager, which she has now been in for the past year. Throughout her time at Bodyfit NT Bridie has primarily worked in delivering Exercise Physiology to remote communities within the Northern Territory, with particular focus on those in the Top End. Through the MOICD program and in working with Northern Territory Medicare Local, Bridie and a number of other Bodyfit NT exercise physiologists and physiotherapists are able to share their passion for healthy lifestyle and exercise with remote populations in working as part of multidisciplinary teams aiming to close the gap in ATSI health.