

EDUCATION

Christina has completed her undergraduate studies in University of Thessaly, at the department of Physical education and sport science in 2018, specializing at "Adapted Physical Education." She is an MSc student at the university of Sports Science in Trikala, studying "Exercise and Health" and a member of "SmarT Lab".

PROFESSIONAL EXPERIENCE/BACKGROUND

From 2016, she works as an assistant track and field coach at the Kids academy, in a group in Trikala named G.E.A.T. From 2018 she works as a fitness instructor at "Athletico Fitness club" and "Stadium fitness club." She has also worked as a fitness trainer on summer camps from 2015.