



TIFFANI AFRICA

BIOKINETICIST

ABOUT ME

Hello, my name is Tiffani Africa. I am the newest member of the SA Biokinetics team as a Biokineticist graduate.

I enjoy working with older adults, because cultivating an understanding for overall health and wellness is just as important for the older generation.

I have a big love for netball and that translates to my experience in netball strength and conditioning.

I have been fortunate enough to work with a high performance team and gain experience in the sport science realm.




I am eager to learn from my experienced team. I look forward to refining my skills, and promoting health and physical well-being through exercise.

After all, movement is medicine!

EDUCATION

 BHSc in Biokinetics (NWU)

UNIQUE INTERESTS & SKILLS

-  Sport Science.
-  Geriatric Rehabilitation.
-  Keen interest in Netball.

MOTTO

**To get the result you want,
you don't have to be
extreme, just consistent.**

