

# » AUSTRALIAN PRESENTERS

## Shirley Alexander, PhD

Shirley is a general paediatrician with almost 15 years experience. She has had extensive experience in settings ranging from outback Australia to busy paediatric intensive care units in the heart of London. Shirley has developed expertise in paediatric overweight and obesity, and currently holds the position of paediatric staff specialist in weight management services at The Children's Hospital at Westmead, NSW.

## Karen Baldwin

Karen is a national and international presenter and BOSU® master trainer for Australia with over 15 years experience specialising in building workshops for instructor excellence in management, group and personal training programs. She is also a director of QPEC Fitness Solutions, a company specialising in products, education, conditioning and certification courses for CECs.

## Ken Baldwin

An ex-military physical training instructor, Ken has been in the fitness industry for over 20 years. He is a master trainer for Schwinn® Cycling, president of the IDEA Water Fitness Committee and Australia's master trainer for BOSU®. Ken is a director of QPEC Fitness Solutions, a company specialising in products, education, conditioning and certification courses for CECs.

## Stephen Bird, PhD

Stephen is director of the Physical Preparation Unit for the Indonesian High-Performance Program and is responsible for overseeing competition preparation for events including the 2012 London Olympic Games, a position he holds through Charles Sturt University. A former recipient of the AAESS Medal, he is a member of the South African Research Council, ACSA Advisory Panel, and research consultant with MUSASHI Performance Nutrition.

## Corey Bocking, BSc

The founder of the Performance Training Institute, Corey has worked with athletes of all ages and abilities, from local club level through to Olympic and professional athletes from a variety of sports, including boxing, swimming and basketball. With his background in high performance coaching and business development, Corey understands what it takes to get the most out of people.

## Simon Borg-Olivier

Simon has been teaching yoga around the world for the past 26 years. As an advanced yoga practitioner, physiotherapist, director of Yoga Synergy and co-author of *Applied Anatomy and Physiology of Yoga*, he teaches a unique synthesis of ancient yogic wisdom and modern medical science.

## Tony Boutagy, BHMS

Tony is a strength coach and director of the Sydney Sports & Athletic Performance Centre, a specialist strength training facility in Cremorne, NSW. He has a wealth of experience lecturing for the Australian Institute of Fitness, the Australian Catholic University and Netfit in New Zealand. Tony is a PhD candidate at Charles Darwin University and was named Australian Fitness Network's Author of the Year in 2004.

## Anna-Louise Bouvier, BAppSc (Physio)

Anna-Louise's two Sydney-based Physiocise practices teach over 1,100 people a week how to fix their backs through exercise and posture education. A former recipient of Network's Presenter of the Year award, and a keynote speaker at the World Congress of Low Back and Pelvic Pain, she has been an injury prevention consultant to the NSW Rugby Union for the past 10 years. She is a bestselling author with *Fix Your Back* and the newly released *The Feel Good Body*.

## Paul Brown

Paul is known globally as 'Mr Retention' for his pioneering work in maximising membership growth and club profitability. Creator of the Face2Face Retention Systems, Paul has trained thousands of owners, managers, personal trainers, sales and reception staff on the most effective systems available. He is an award-winning international keynote and feature presenter, author, club owner and national aerobics champion.

## Trent Brown

Trent is the CEO of Ezypay, a *BRW* and *My Business* Best Medium Business award-winning company. He is an innovative executive who is passionate about business and effective business management. Trent has led some of the fastest growing businesses in Australia and uses this success to share his knowledge and enthusiasm for sustainable business growth.

## Susie Burrell, BSc

Susie is one of Australia's leading dietitians with qualifications in both nutritional science and psychology. She is a regular media contributor and has a weekly column in *The Sunday Telegraph*. In her private work Susie specialises in fat loss, paediatric and sports nutrition.

## Amelia Burton, BScHMS

Amelia has over 12 years experience as a personal trainer, health club owner, corporate speaker and online trainer. She runs a series of health and fitness web sites and manages Michelle Bridges' site and online programs. Combining her knowledge as a trainer with her writing and communication skills, Amelia is now recognised as one of Australia's most successful health and fitness bloggers.

## Melissa Cameron

With a background in dance, Melissa is a fresh face in the fitness industry, and is passionate about aquatic exercise and the possibilities it presents for both general fitness and rehabilitation. As an instructor, training facilitator and member of the WETS (Water Exercise Training Service) team she strives to progress the reach and image of the aqua industry.

## Vikki Chadwick

Vikki is a trainer, instructor and the manager of a successful ladies health club. An infectiously enthusiastic presenter, her dedication to making fitness a fun experience is demonstrated in her unique teaching style. Vikki's goal is to inspire fitness instructors and personal trainers to develop the skills needed to keep their clients coming back for more.

## Lisa Champion, MSc

Lisa is an exercise specialist with a passion for helping special clients. From brain injury and back pain sufferers to athletes with rehabilitation needs and granny's wishing to garden stronger, Lisa uses her wealth of knowledge to offer fitness experiences with a difference. Lisa is an accomplished author, trainer, educator, director of Australian Fitness Network and co-creator of the Perfect Practice™ Training System for performance maximisation and injury minimisation.

## Katrina Cochrane, BHMS

With over 14 years of fitness industry experience, Katrina is an enthusiastic and sought-after Sydney-based personal trainer, strength and conditioning coach and group exercise instructor. She has worked nationally and internationally with elite athletes and sporting teams and is a senior presenter with the Australian Institute of Fitness NSW.

## Paul Collins, BEd

Paul is director and editor of [www.thebodycoach.com](http://www.thebodycoach.com). He is head strength and conditioning coach of the Australian Karate Team and Manly 1st Grade Rugby Union Team. Paul has authored more than 20 books and produced a range of DVDs sold world-wide as part of The Body Coach brand.

## Fiona Cosgrove, MSc

Fiona has been working in the fitness industry for over 25 years as a club owner, educator, trainer and corporate presenter – more latterly as a wellness coach and trainer. Her latest business, Wellness Coaching Australia, combines her counselling and exercise science degrees and focuses on providing coach training services within the fitness industry and corporate world.

## Suzi Dafnis

Suzi heads up the Australian Businesswomen's Network (ABN), a national community of 10,000 members which provides training, mentoring, information, access to resources and role models to female business owners. An early adopter of new technology, Suzi has ensured that ABN ranks as one of Australia's top users of social media when it comes to engaging its community, networking and doing business.

## Mark Davis, BAppSc (Physio)

A physiotherapist with extensive experience in gym-based rehabilitation, Mark is the founder of Springboard Physiotherapy and Rehabilitation. He has over 25 years fitness industry experience, during which time he has developed effective rehabilitation systems for individuals, sporting disciplines and industry. As head coach and senior presenter with the Australian Institute of Fitness NSW, Mark is renowned for his down-to-earth presentation style.

## Ory De Fina, BAppSc

Ory started his company Re:VIVA 11 years ago and has since established it as one of the fitness industry's leaders in first aid and CPR training. Renowned for his energy and enthusiastic style of delivery, his sessions are always engaging, fun and industry-specific, giving delegates a real sense of confidence about what to do in an emergency situation.

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### Liz Dene, BHMS

Liz is a master trainer for Network Pilates and a senior presenter for the Australian Institute of Fitness NSW. She has recently spent time working with the Australian Rugby Union team and also develops and delivers fitness courses, both nationally and internationally. With a degree in human movement, Liz has over 16 years fitness industry experience. She merges traditional fitness practices with a holistic approach to wellbeing.

### Suellen Dennehy

With nearly 20 years recreation and fitness industry experience, Suellen works with a variety of populations, including children. She combines her twin passions of fun and activity in her personal training business F.U.N. (Fitness U Need) which operates across Sydney's Northern Beaches. Suellen is passionate about sharing her knowledge through presenting at conventions and contributing articles to magazines.

### Effe Diamond

Effe has over 14 years of group exercise teaching experience. She is a cluster group fitness manager for Fitness First, where she also conducts instructor training workshops. Both a national and international presenter, she is an Australian Fitness Network master trainer for the Indoor Cycling

Experience (I.C.E.) program. Effe's passion lies in the development, education and training of instructors.

### Stacey Dolliver

Stacey has an extensive background in dance and fitness. She is a fresh, vibrant Hobart-based freestyle and aqua exercise instructor, dance instructor, presenter and personal trainer. A fully trained life coach, Stacey is passionate about empowering people to realise their potential and achieve their goals, and regularly mentors new instructors.

### Melony dos Remedios

Melony has over 15 years experience in the fitness industry. A former professional athlete, trainer to the trainers in one of New York's hottest gyms, and the former NSW regional personal training manager for Fitness First, Melony now specialises in change management and people improvement. She is currently working in the corporate sector, helping companies' employees achieve their goals.

### Laraine Dunn, MSc

Laraine's fitness industry accolades – Australian Fitness Industry Lifetime Achievement and Australian Fitness Professional of the Year awards – reflect her passion for

her work. Her many specialities include aquatic exercise, healthy ageing and healthy lifestyle. As a business owner and mentor in the fitness industry, Laraine's diverse expertise ranges from delivering innovative classes to presenting at international conferences.

### Sonja Falvo

Sonja is an internationally accomplished fitness professional with an impressive list of achievements covering seven years. Sonja started her career as owner and director of one of Brisbane's most prestigious and successful personal training studios, What Women Want. She then spent three years with Fitness First as the UK national fitness manager and is now an author, speaker and director at Real Body Enterprises.

### Rod Fardell

A dynamic and motivational presenter, Rod is a writer, personal trainer, certificate IV instructor and an inventor and creator of specialised exercise equipment. He has also developed a community-based fitness program called the MOTH (Motivate Health) Program. Rod has a black belt in Taekwondo, and has completed the Iron Man Triathlon, Oxfam Challenge and numerous other endurance events.

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## Karen Finucane

Karen has 20 years industry experience as a personal trainer, fitness counsellor and group exercise instructor. A cluster group fitness manager for Fitness First, Karen has played an integral part in the successful running of the Fitness First Finishing First instructor development program. She has presented convention sessions and training workshops throughout Australia, New Zealand, Asia, Africa, Canada and the US.

## Jennifer Fleming

Jennifer is a writer, radio producer and consultant. She has over 15 years experience as a producer for 702 ABC Sydney working with prominent journalists and presenters. She has also presented for ABC Radio in Sydney, Hobart and Newcastle. She's a best-selling writer of *Spotless*, *Speedcleaning*, *How to be Comfy* and the forthcoming *Save*. *Spotless* was the highest selling book in Australia in 2006.

## Adam Floyd, BSc (Physio)

The director of Regenerate Physiotherapy in Perth, Adam has worked in the fitness industry for 19 years. After graduating dux of his physiotherapy class, Adam completed a human movement degree at UWA and received first class honours in exercise physiology. He has presented rehabilitation and injury management seminars to the fitness industry for the past decade.

## Simon Fox, BSc

A director of WYN Training, Simon has been involved in the fitness industry for 13 years. His experience has ranged from group exercise instruction to sales management, and his role as a personal trainer lead to him running his own PT studio. His focus now is on developing online learning tools for personal trainers.

## Emily Friedel

After three years of dedicated training with Australian experts and international kettlebell authorities, Emily is one of Australia's leading female kettlebell lifters. Specialising in Girevoy sport (the sport of kettlebell lifting), she was the first woman to represent Australia in the discipline in November 2009 and is passionate about making kettlebell training accessible to all.

## Grant Gamble

Grant began his career in the Australian fitness industry owning and operating a number of successful clubs. His career flowed into consulting to an impressive client list across the globe. Having spent over 11 years in the United States, Grant returned to Australia to build on his experience in the world's most mature and hotly contested market.

## Manal Garcia

Manal brings boundless vitality and professionalism to the aqua aerobics scene. With cutting edge technique she teaches and presents aqua fitness to diverse groups across Sydney. Manal compliments her aqua instruction with outdoor training sessions, mothers fitness groups and athletic speed training as part of MRG Fitness, her personal training business.

## Sarah Garnett, PhD

Sarah is an NHMRC Australian Clinical Research Fellow at Kid's Research Institute at The Children's Hospital at Westmead, NSW, and a senior lecturer at the University of Sydney. She has extensive research experience in the areas of children, nutrition and obesity. Her current research is aimed at preventing type 2 diabetes in high risk children by implementing a comprehensive lifestyle intervention.

## Mary Gies

As a long-time participant and devotee of aquatic exercise, Mary has a personal understanding of the unique psychological and physical benefits which aquatic exercise can provide. Keen to share her knowledge and love of aquatic exercise with others, Mary's specialities are aqua choreography with a dance-feel and the use of innovative communication techniques. Her energetic style motivates and challenges her participants.

## Dom Gili

A qualified certificate IV workplace trainer and assessor, Dominic has over 15 years experience instructing aquatic fitness and is the owner of Aquagility, a successful Sydney-based swim school and aquatic fitness business. His years of training experience in the corporate and community environment have spawned his passion for empowering people to reach their full potential, both in and out of the water.

## Lynley Gladdis

A graduate of the Victorian College of The Arts, Lynley has been involved in the fitness industry for 19 years. A teacher, educator and remedial therapist, her main area of interest is mind body fitness, and she is a world master trainer for the ChiBall Method™. An experienced presenter, Lynley has presented at both national and international conventions for the past 16 years.

## Wayne Goldsmith

A writer, presenter, performance coach, educator and innovator, Wayne can give you, your team and your business the competitive edge. Considered one of the leading high performance consultants in the industry today, he has worked with some of Australia's leading businesses and sporting teams, including the Wallabies, Tennis Australia and the Australian Institute of Sport.

## Lesley Gray

Lesley's 26 years industry experience encompasses teaching every style of group exercise. Her career also includes training, education and mentoring instructors; choreographing, coaching and judging competitive aerobics and managing group fitness. She is an assessor for the Australian Institute of Fitness, an Indoor Cycling Experience (I.C.E) master trainer and a regular convention presenter. Lesley loves to share her knowledge and expertise, living by her mantra 'do it right to get the best results'.

## Andrew Griffiths

Andrew is a serial entrepreneur with a passion for helping people achieve their business dreams. He is an internationally acclaimed bestselling business author, passionate keynote presenter and specialist consultant. Known for his ability to entertain, inspire and energise, Andrew is considered one of the world's leading business experts. He delivers his ideas in a profoundly simple way, highlighting the importance of communication as the key to success for any organisation.

## Rob Hale, BSc

A national presenter with over 10 years fitness industry experience, Rob is the NSW member experience manager for Fitness First, responsible for personal training, group exercise and operations of 45 clubs in NSW/ACT. His extensive background in exercise physiology and rehabilitation, corporate health solutions and personal training business has enabled him to lead the growth and success of over 1,000 franchised PT businesses.

## Terry Hawkins

Terry is the founder and managing director of the business skills training company People In Progress. Her dynamic presentation style, powerful message and ability to engage every audience member regardless of age, gender or social status has made her one of the most sought-after corporate speakers across Australia and, increasingly, the globe. Terry is also the author of the popular self-help book *There are only two times in life, NOW & TOO LATE*.

## Millie Herzberg

A successful corporate health fitness presenter and programmer, Millie is currently the corporate teams coordinator for Wild Women On Top adventure fitness. Her expertise lies in team-building exercises, endurance and event training. Millie's passion for outdoor and adventure fitness has seen her explore some of the world's highest mountains and compete in adventure fitness challenges across the globe.

## Steve Herzberg

The managing director of NRG Solutions, Steve's clients range from small businesses to some of Australia's leading multinationals. With an interesting career encompassing everything from selling mobile phones in the '80s to playing state cricket for WA and Tasmania, Steve has learnt some valuable sales and business lessons which he now shares via articles in business magazines and his convention presentations.

## Ryan Hogan

An accomplished fitness manager and instructor, Ryan is passionate about sharing the lessons he has learnt with others. As the sales manager for Australian Fitness Network he has been integral to the organisation's shift towards online marketing and sales. Ryan is also a master trainer for the I.C.E indoor cycling program, and teaches group exercise in some of Sydney's leading fitness facilities.

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## Marcus Irwin

Former dual world aerobic champion and international presenter in over 50 countries, Marcus currently divides his time between co-owning and running Sydney's Elix'r Health Clubs, developing Free2Be instructor training and education programs and designing and producing his own range of evolution training DVDs. On top of all this, Marcus is the production director of eGX: Elite Group Exercise for Australian Fitness Network.

## Amanda Jeffreys, MA

Amanda is the program manager at The Golden Door Elysia Health Retreat. She combines her broad knowledge of health and wellness with her psychology training to encourage mind-body connection and motivate others to achieve health, vitality and balance in life.

## Steve Jensen

Steve has been involved in the fitness industry for more than two decades. As the founder and CEO of Impact Training Corporation and the National Sales Academy he has helped boost the profits of thousands of fitness businesses. Steve is a certified DISC presenter who presents at conventions worldwide. He is also the creator and master presenter of the popular Public Speaking and Presentation mastery courses.

## Rachel Kalwy

Rachel's industry experience encompasses many areas of fitness, ranging from group fitness instruction and management, to running her own successful personal training business while also holding the position of cluster personal training manager at Fitness First. Rachel's passion lies with the development of new personal trainers and in sharing her passion for group fitness by mentoring new instructors.

## Lisa Kaye

Originally from the UK, Lisa is a former member of the British national gymnastic squad. A registered fitness leader since 1996, she is also certified with the ACSM, and is a STOTT PILATES® instructor trainer for Matwork and Reformer, which she instructs at Elix'r Health Clubs. Lisa runs her Pilates One 2 One studio in Sydney, and delivers STOTT PILATES® Matwork and Reformer courses at Elix'r Health Clubs.

## Tim Keeley, B Phty

A physiotherapist with 12 years experience, Tim is the director of Physio Fitness Australia, which has four clinics in Fitness First health clubs across Sydney. He specialises in fitness and training injuries with an emphasis on corrective exercise and sports-specific rehabilitation which bridges the rehab gap between physio and PT. Tim is also a clinical educator and a regular convention presenter.

## Craig Kelly

With over 18 years in the health and fitness industry, Craig has experienced the lows and the highs, from eating disorders and multiple spinal surgeries, to bodybuilding and working as a personal trainer and nutritionist. An education consultant to international sport supplement companies and a self-styled 'science geek', Craig is passionate about sharing his knowledge with fellow fitness professionals.

## Morwenna Kirwan, MSc

Morwenna is an exercise scientist, personal trainer, group fitness instructor and lecturer of certificate III and IV fitness courses. She holds a masters degree in exercise science majoring in sport psychology and is currently completing a PhD in chronic disease management.

## Annette Lackovic

Annette has over 14 years experience of delivering advanced communication skills to enhance personal performance, management and customer service and to maximise business' income. Her passion, skill, dedication and dynamic presentation style have made Annette one of Australasia's most sought-after speakers as she delivers training on behalf of the National Sales Academy (NSA) and Impact Training Corporation.

## Petar Lackovic

Petar is general manager and master trainer of Impact Training Corporation (ITC) and National Sales Academy (NSA). With 24 years experience in the fitness industry, at age 23 he managed his first club, which quickly grew to 15 clubs. Petar has dedicated the past 12 years to training and coaching fitness professionals, clubs and studios in what really works to maximise their earning potential in the fitness industry.

## Phoebe Lahey, BHMS

Phoebe has worked in the fitness industry for 10 years as a personal trainer, group exercise instructor, sports trainer, strength and conditioning coach and lecturer for the Australian Institute of Fitness NSW. As co-owner of Sydney Health and Fitness, Phoebe has worked with clients ranging from children to state and national level professional athletes.

## Ange La Scala

Ange has over 25 years of teaching experience in both land and water-based group exercise. She is qualified in certificate IV in training and assessment and is a lecturer and examiner for certificate III and IV in fitness instructor/personal trainer, first aid/CPR and pool life guard reaccreditations. Ange is passionate about teaching and helping new instructors reach their full potential.

## Tanya Lewis, BA

Tanya is an accredited practising dietitian, sports dietitian, personal trainer and, together with her husband, business owner of Life Personal Trainers in Adelaide. In addition to helping individuals looking to improve their health, Tanya consults to sporting teams and corporate groups. She is passionate about promoting long term healthy lifestyle habits through regular exercise, healthy eating and positive body image.

## Naomi Ling, PhD

A national and international presenter, Naomi is an accomplished martial artist, and is renowned for her energetic, fun and loud instructing style. She is a lecturer and examiner for certificate III in group exercise and aqua leader module and also mentors new instructors and teaches a wide range of aqua and freestyle group exercise classes.

## Min Lomo

Min is the manager of the Stadium Fitness Centre and has almost 20 years experience in the fitness industry as a group exercise manager, instructor and personal trainer. His passion for freestyle group exercise makes him one of the most sought-after instructors in Sydney's leading fitness facilities.

## Ceciley Lyon

Ceciley has over 16 years experience as group exercise instructor and personal trainer and is known for her energetic, creative instructing style. She has an extensive background in music and dance performance, is passionate about freestyle group exercise and is actively involved in instructor mentoring. Ceciley currently teaches at some of Sydney's leading fitness facilities.

## Christian Marchegiani

From small studio to global brand, THUMP BOXING is one of Australia's most successful boxing-for-fitness programs. Starting out in a small studio above a mechanics workshop, Christian has grown THUMP into a leading boxing-for-fitness provider. His courses and workshops are now run internationally as well as being a regular fixture at FILEX.

## Lisa Marshall, BA

As a director and coach of Wild Women on Top adventure fitness, Lisa is passionate about taking clients into the great outdoors and changing their lives through team fitness, fun, and goal oriented activities. She brings a wealth of corporate experience to her role, having worked in recruitment, psychometrics and human resources for several multi-nationals. She regularly competes in half marathons, Urban Adventure Series and 100km endurance challenges.

## Mark McCrindle, MA

Mark is a social researcher with an international reputation for tracking emerging trends and analysing the diverse generations. He is the director of McCrindle Research, whose clients include over 100 multinational organisations. His highly valued research and reports have led to his regular media appearances as a futurist, demographer and social commentator. Mark holds the research industry's highest professional accreditation, Qualified Practising Market Researcher.

## Mark McKean, PhD

Mark completed his PhD in movement coordination and muscle balance, and is undertaking a post doctoral program at the University of Sunshine Coast establishing the Australian Institute of Fitness Research. Mark is the strength coach for the NTID kayak program, and has coached athletes in 18 sports to an international level, including five sports to Olympic or World Championship medals.



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## Joanna McMillan-Price, PhD

Joanna is a certified nutritionist and dietitian with a PhD from the University of Sydney. Through her work in TV, radio, magazines and books, she has helped thousands of people improve their lives by changing what and how they eat. In 2006 Joanna was named Australian Fitness Network's Presenter of the Year.

## Marietta Mehani

An award-winning presenter (Aqua Exercise Leader of the Year 2003, Author of the Year 2007) with 20 years of teaching experience in both land and water-based group exercise, Marietta is renowned for her contagious enthusiasm for instructor training and mentoring. World Master Trainer for Gymstick International, Marietta's aspiration is to deliver education, mentoring and assistance to fitness instructors everywhere.

## Chris Muling

Inspired by his background in elite cycling, Chris began his personal training career in 2002. Using a multi-disciplined approach with a focus on core strength and stability, he specialises in developing programs for those with specific needs, such as athletes, the elderly and those with injuries. Chris has established himself as a trainer with a good understanding of injury rehabilitation and prevention.

## Claire Norgate, MEd

Claire has spent the past 28 years studying health and wellness and has a passion for simplifying the complexities of the human body. Her varied occupations, including those of midwife, yoga teacher and academic, have inspired her to share her knowledge with her peers. Claire currently runs a successful personal training business, teaches group exercise classes and develops instructor training courses.

## David Norman, BPhEd

David has been involved in the fitness, physical education and sport industries for 15 years. As CEO of EYE Fitness he works with leading chains and independent operators to engage the wider community and bring health and fitness to under-served populations. In 2006 he set up two award-winning express health studios for the de-conditioned market.

## Nardia Norman

With over 12 years fitness industry experience, Nardia is well equipped to lead, inspire and empower people to change their lives. She is a senior personal trainer at George Street Platinum Fitness First, and a senior coach/presenter for the Australian Institute of Fitness NSW. Her holistic approach and intense training style make her a sought-after personal trainer, mentor and presenter.

## Matt O'Neill, BSpSc, MSc (Nut&Diet)

Matt is the fitness industry's fat loss guru and director of the SmartShape Centre for Weight Management. He is the nutritionist on Channel 7's *Sunrise* and *The Morning Show* and the weight loss coach for *Men's Health* magazine in

Australia. His MetabolicJumpstart.com program is used every day by thousands of fitness trainers in the fight against obesity.

## Robbie Parker, PhD

Robbie is an exercise physiologist with a research background in exercise and weight loss. He is director of the Children's Hospital Institute of Sports Medicine (CHISM), at The Children's Hospital at Westmead, NSW, and an independent board director of Fitness Australia. Robbie has presented at numerous national and international conventions, and is a previous recipient of Australian Fitness Network's National Lifetime Achievement Award and Fitness NSW Outstanding Contribution to the Fitness Industry Award.

## Stephen Parker

With a background in classical dance, Stephen has been in the fitness industry for 14 years and currently holds the position of group fitness manager. Having competed successfully in sport aerobics, he is now focusing on helping fellow instructors develop their freestyle teaching skills. Stephen is committed to doing all he can to see more freestyle group exercise classes on club timetables.

## Duncan Peak

Duncan is the founder of Power Living Australia, the largest yoga and personal development school in Australia. Formerly an elite paratrooper, competitive athlete and business consultant, Duncan is now one of Australia's most popular yoga teachers and presenters. He has trained some of Australia's biggest sporting personalities, athletes and celebrities and also delivers teacher training courses, retreats and workshops.

## Alan Pearce, PhD

Alan gained his PhD in medicine (neurophysiology) at UWA. A senior lecturer at Victoria University, his research includes neuroplasticity and physiological responses in the neuromuscular system to strength and conditioning. Alan teaches and supervises research at both undergraduate and post-graduate levels.

## Kathy Popplewell

Life lover, free spirit and mind body specialist, Kathy is passionate about helping people to live, love and laugh – naturally! She is currently sharing her love of yoga, laughter, dance and personal development by facilitating programs across Australia. Kathy is also the founder of Tribal FyousION and vibrance.com.au

## Kim Ramjan, PhD

Kim is a paediatric endocrinologist at the Institute of Endocrinology and Diabetes at The Children's Hospital at Westmead, NSW. She is also a clinical associate lecturer in the discipline of paediatrics and child health at the University of Sydney. Her research interests include the effect of whole-body vibration training on metabolic and bone parameters in overweight adolescents.

## Doug Rouessart

Doug is a full time personal trainer, coach of the Australian karate team and a professional Punchfit presenter. He specialises in boxing and kickboxing, and is the national auditor for the Punchfit GX program. Doug is a respected presenter and highly motivational trainer.

## Shane Rogerson, PhD

Shane is an accredited exercise physiologist and a technical consultant for Fitness Australia. He has an extensive background in strength and conditioning coaching and has authored numerous exercise science-based articles in national and international fitness publications. Shane's involvement in preventative health includes recent experience as the training coordinator for the type II diabetes management and strength training program, Lift for Life.

## Amanda Sainsbury-Salis, PhD

An internationally renowned molecular scientist with a PhD from the University of Geneva, Switzerland, Amanda leads a research team at the Garvan Institute of Medical Research developing more effective methods of weight management. An associate professor at UNSW, she lectures in science, medicine and nursing. Her book *The Don't Go Hungry Diet* explains the science of weight management for the public and weight loss practitioners.

## Jennifer Schembri-Portelli, BEd

Jennifer has created a highly successful career in the fitness and aquatic industries. As aqua instructor, university researcher, principle lecturer for the Aqua Instructor Course and director of the boutique aquatic company WETS (Water Exercise Training Service), award-winning JSP has entertained, enlightened and trained people for the past two decades. Her accomplishments and down-to-earth approach have established her as one of the industry's most respected figures.

## Greg Shaw

A sports dietitian with the Australian Institute of Sport, Greg has developed his experience in sports nutrition over the past 13 years, five of them as a member of the Australian Swim Team. He has worked with Australian swimming, Olympic champions and elite teams including the Brisbane Lions. Greg melds his practical knowledge of athletic performance with evidence-based nutrition research to develop unique strategies for athletic success.

## Andrew Simmons, BSpSc

Andrew is the director of Vision Personal Training, Australia's fastest growing personal training studio franchise and winner of the 2008 Franchise Council of Australia's Emerging Franchise System of the Year award. Voted Personal Trainer of the Year in 2003, Andrew is also author of *Fat Loss Take Control*, which has sold 35,000 copies. He has presented at FILEX Conventions since 1995.

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### Gary Slater, PhD

Gary is a senior lecturer and consultant to professional sporting teams and elite athletes, focusing on performance driven nutrition strategies that get results. Gary has worked and studied within elite sport since 1996 as a sports dietitian and sports physiologist at both the Australian Institute of Sport and Singapore Sports Council. Gary's primary interest is in enhancing sports performance and helping athletes achieve their best.

### Alisha Smith

Alisha is the education manager at Australian Fitness Network. She is a Tomahawk I.C.E master trainer, personal trainer, group fitness instructor and curriculum developer. Alisha's extensive industry experience is the underpinning force of her passion for educating and developing both existing and aspiring fitness professionals.

### Heather Smith

Heather is on a mission to improve the financial literacy of business through empowering business owners to produce accurate and meaningful management reports in a timely manner. She is a commerce graduate, an ambassador and fellow of the ACCA, a MYOB certified consultant, a writer and keen advocate of technology and social media.

### Louise Solomon

Louise is the founder of the popular yoga and Pilates fusion method known as 'Yogalates'. She has presented Yogalates in Australia and overseas, and lectures at universities on the subject of core stability. Louise also developed a world renowned teacher training program and produced an award-winning DVD series.

### Anthony Spark

Anthony has worked in the fitness industry for the past 17 years. His experience ranges from sales and group fitness to management, and for the last 15 years he has been a personal trainer. He is CEO of WYN Training, an RTO which produces certified personal trainers. Anthony's life purpose is to 'get people moving'.

### Bruce Sullivan

Bruce is a relationship specialist and a proven performer in achieving results through people for over 24 years. A director of six companies, his experience working with a wide range of private and public organisations, both in Australia and internationally, has given him an insight into the human side of the corporate environment. Bruce is known for his entertaining, hands-on approach which gets long term tangible results.

### Kira Sutherland

Kira is an experienced naturopath specialising in sports nutrition. She lectures at Nature Care College in Sydney on a variety of subjects ranging from sports nutrition and naturopathic philosophy, to detoxification and weight management. Kira also supervises graduating students in their naturopathic and nutrition clinic hours, and in her spare time she trains and competes in long course triathlon.

### Justin Tamsett

Justin's two decades of contribution to the fitness industry were recognised when he was awarded Fitness Australia's Presidential Award in 2006. Since 2004, Justin has facilitated the Australian Fitness Round Table Program, and as the managing director of Active Management he solves the marketing needs of fitness facilities. He was named Australian Fitness Network's Presenter of the Year in 2008, his practical content and Aussie larrikin style making him a sought-after speaker at conferences worldwide.

### Paul Taylor, MSpSc MSc (Human Nutrition)

Paul is the director of the Personal Training Academy, creator of BioAge software, an accredited exercise physiologist and nutritionist and adjunct professor at the University of San Francisco. In addition to being an international corporate wellness and fitness industry speaker, Paul is widely published in magazines and recently created and hosted the successful Australian TV Series *Body & Brain Overhaul*.

### Chad Timmermans

Chad is a provisional sport and exercise psychologist. He works as a consultant with gyms and personal training companies in Australia, New Zealand and the US. He also works with professional sports teams and elite athletes in the area of performance enhancement and mental skills training.

### Lisa Westlake, BAppSc (Physio)

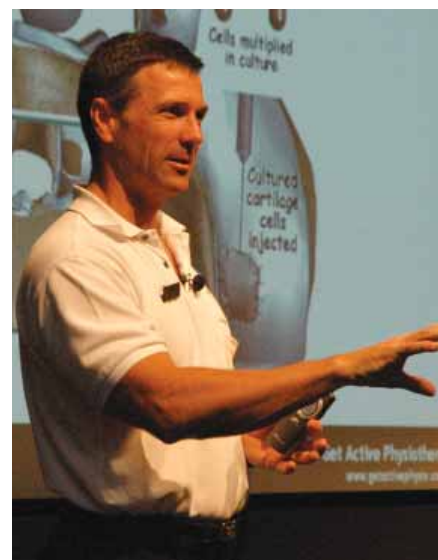
Lisa is a physiotherapist, fitness instructor, author and highly regarded national and international presenter. She was named Australian Fitness Network's Presenter of the Year in 2003 and Author of the Year in 2009. Lisa passionately spreads the word about health and fitness through her writing, fitness DVDs, convention appearances, lectures and her media work. Her sessions are always fun, innovative and inspirational.

### Aaron Whear, BAppSc

Aaron has been involved in the fitness industry for 19 years. As the founder and managing director of Career Fitness he has helped hundreds of people train for and enhance their career in the fitness industry. He also offers a mentoring service that shows health and wellbeing business owners how to improve business efficiency and profitability based on his philosophy 'the game plan'.

### Craig White

Part pioneer, part Sherpa, Craig is an online marketing strategist, and social media and search engine marketer who crafts online marketing strategies and tactics. His tool bag contains heavy doses of search engine marketing, social media marketing and a whole lot of numbers. With 10 years experience in marketing and technology, he shows businesses how to build brands and cultivate connections.



### Emmett Williams, BComm

Emmett is managing partner of Creative Fitness Marketing – an international sales and marketing company that generates over 45,000 new members every year for health and fitness clubs around the world. An independent club owner himself, Emmett has spent the last nine years working with clubs in the USA, Canada, UK, Ireland, Australia and New Zealand. Emmett couples this international experience with his formal studies in marketing to deliver content-rich sessions.

### Scott Williams

A powerful speaker and trainer, Scott has been presenting and teaching in the areas of boxing, kickboxing, bootcamp and personal training since 1993. He has been a professional presenter for Punchfit since 2005. Succeed, the PT business Scott and his business partner established four years ago was awarded the ACT Micro-Business Award in the 2009 Telstra Small Business of the Year awards.

### Paul Wright, BAppSc (Physio)

A leading Australian health and fitness educator and the owner of three Get Active Physiotherapy clinics in NSW, Paul is also the creator of a series of educational and business DVDs for fitness professionals. A regular contributor to fitness magazines and a featured speaker at conventions in Australia, New Zealand and the UK, he has lectured to over 20,000 health professionals and is a previous recipient of Network's Presenter of the Year and Author of the Year awards.

### Lisa Yates

Lisa is a physiotherapist and personal trainer who specialises in women's health and continence. In 2008 she co-founded FILIFIT to help empower women to lead healthier lives. Lisa co-produced *The Core & The Floor*, New Zealand's first post-pregnancy education and exercise DVD. She currently works for the Continence Foundation of Australia, exploring ways the fitness industry can help improve the fitness of the female pelvic floor.