

# FILEX 2007 Presenter biographies

 – International presenter

## Gavin Aquilina, BHMS



Gavin has presented in 26 countries over six continents. He is the director of The Studio Persona, a Sydney based fitness studio that has been setting the standard for fitness studios and personal training since 2000. Gavin is an international master trainer for the Life Fitness Academy, and the curriculum developer for their international physiology, biomechanics and training modules.

## Karen Baldwin



Karen is an international presenter and BOSU master trainer for Australia and has over fifteen years experience in the fitness industry. She specialises in group dynamics and communications excellence, helping to achieve high level performance in group training and management programs. Karen is also the director of QPEC Fitness Solutions, a company running CEC workshops for the fitness industry.

## Professor Adrian Bauman, PhD



Adrian is professor of public health and epidemiology at the University of New South Wales, and director of the Centre for Physical Activity and Health. His research interests include health promotion and disease prevention and focus on physical activity, obesity and public health. Adrian serves internationally for the World Health Organisation and for other agencies in the area of physical activity promotion, advocacy and research.

## Richard Beddie



CEO of FitnessNZ and owner of two clubs in Christchurch, Richard has a passion for the business elements of the fitness industry and is a firm believer in industry collaboration to grow the industry. Richard has presented internationally on a variety of business topics, including engaging with government, and building industry standards.

## Gary Bertwistle



Gary has worked in creativity and marketing for twenty years, in the retail sector, the music industry and in radio promotions. In 1997 Gary launched his training company, Blue Moon Creative, which assists organisations in unlocking their great ideas. He has his own range of creative thinking tools, and has recently published his first book *The Keys to Creativity*.

## Shane Bilsborough, MSc (Human Nutrition)



Shane is one of Australia's leading nutritionists, and has written several scientific publications and three international best sellers on diet and exercise (350,000 copies

sold worldwide). He is the director of six-time international award winning Global Corporate Challenge, a freelance journalist with the *Herald Sun*, editor of *UltraFit* magazine, and appears regularly on television.

## Dr Stephen Bird, BHMS (Hons)



Dr Stephen Bird was recipient of the 2005 National Strength & Conditioning Association Graduate Research Award in the USA. His research through the School of Human Movement Studies at Charles Sturt University focuses on nutritional strategies aimed at optimising muscle growth by manipulating the body's hormonal response to resistance exercise.

## Lawrence Biscontini, MA



Lawrence has received the Best International Corporate Trainer for Xerox Europe (2006) and the Instructor of the Year award from ACE (2002), among other accolades. He is a wellness consultant for the Golden Door Spas and a master trainer for Reebok University. Lawrence also created Yo-Chi® and is the author of *Early Morning Cardiovascular Workouts* published by Human Kinetics in 2006.

## Simon Borg-Olivier, MSc BAppSc (Physio)



Simon is a Director of Yoga Synergy. He has been teaching Yoga since 1983 and has been a physiotherapist since 1996. For the past fifteen years, Simon has been teaching Synergy-style yoga and courses in applied anatomy and physiology of yoga throughout Australasia.

## Tony Boutagy, BHMS



Tony is a strength coach and the director of the Sydney Sports and Athletic Performance Centre, a strength training facility located in Mosman, NSW. He is a lecturer in the Exercise Science Department at ACU National and regularly contributes to fitness publications, receiving Australian Fitness Network's Author of the Year award in 2004.

## Anna-Louise Bouvier, BAppSc (Physio)



Named Australian Fitness Network's Presenter of the Year for 2004, Anna-Louise developed her unique Sydney-based physiotherapy exercise practice, Physiocise, ten years ago. Her practice now teaches over 750 clients a week how to fix their backs through exercise and posture education. She is co-creator of the PERFECT PRACTICE™ training system, is an injury prevention consultant to the NSW Waratahs and ACT Brumbies, and is the best-selling author of *Fix Your Back*, ABC Books.

## Matt Brady



Matt is a popular motivational speaker, trainer, coach and corporate consultant who is known for his innovative approach to achieving results and creating rapid change. He is experienced in working with individuals and teams, ranging from world-class athletes to frontline staff, management and CEO's. Matt helps business and individuals obtain measurable results through lifting and accelerating their performance levels.

## Lynne Brick



Lynne is the co-owner and co-founder with her husband, Victor, of Lynne Brick's, a chain of women only health clubs in Maryland, USA, and of Brick Bodies, a chain of coed health clubs which is the agent for Les Mills International in America's Mid-Atlantic region. A lifestyle coach, author and presenter, Lynne was named Entrepreneur of the Year in 2004 and currently sits on IHRSA's board of directors.

## Victor Brick, MEd



Victor is the co-founder and co-owner with his wife, Lynne, of Brick Bodies, a chain of coed health clubs and Lynne Brick's, a chain of women only health clubs in Maryland, USA. Brick Bodies is the agent for Les Mills International in America's Mid-Atlantic region. An author, international presenter, motivational speaker and fitness consultant, Victor is a former IDEA Business Person of the Year award winner.

## Michelle Bridges



Michelle has more than 17 years industry experience as a group fitness instructor and is the fitness consultant on 'Mornings with Kerri Anne'. She is a Les Mills Master Trainer and International Trainer/Presenter. In 2004, Michelle was named Australian Fitness Network's Fitness Instructor of the Year.

## Gayle Brimble



Gayle's 17 years experience in the fitness industry stemmed from her passion for dance. After completing her dance degree she was principle dancer for Moving Parts Dance Company that toured China, where she won a scholarship to the American Dance Festival (USA). Gayle is a former Aerobics and Sports Aerobics champion and is currently the Les Mills Asia Pacific master trainer for BODYJAM® and national trainer for BODYBALANCE®. Gayle is also the national group fitness manager for Zest Health Clubs.

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## Adam Broadway



Adam Broadway is the chief evangelist of Business Catalyst. He has an enormous passion for helping others, and powerful relationship building skills. He loves sharing his expertise about the ways to use the Internet to grow your business, and over the years he has done so to 1000s of small to medium sized businesses. Adam is passionate about small business and believes everyone has the power to succeed with the right strategies and tools.

## Karen Bruk-Finucane, BA DipComm



Karen has seventeen years industry experience as a personal trainer, fitness counsellor, group fitness instructor and fitness journalist and is a cluster group fitness manager for Fitness First Australia. She has spent the past five years presenting sessions and training workshops at conventions including FILEX, CanFitPro and IDEA throughout Australia, New Zealand, Asia, Africa, Canada and the US.

## Susie Burrell, BNut&Diet (Hons) BSc (Psych) (Hons)



Susie Burrell is a specialist fat loss dietitian. She is the obesity dietitian at The Children's Hospital at Westmead and the consultant sports dietitian to a number of elite sporting teams including the St George Illawarra Dragons. Susie also writes a regular column in the *Daily Telegraph's* 'Simply Food' supplement.

## Donal Carr



Donal is head of training and development for the personal training department at Fitness First. He is an internationally experienced presenter and a CHEK level 3 practitioner, which gives him a unique outlook on training. Donal has over fifteen years industry experience, which has seen him travel around the world as a personal trainer.

## Sally Castell, BAppSc (Physio)



Sally Castell is a physiotherapist, recreational therapist and registered fitness leader currently working as the physical activities coordinator for Northern Sydney Health Service. She has over thirty years of experience in the health and fitness industries in the UK and Australia, working in hospitals and rehabilitation centres and in local communities.

## Paul Chek, NMT HHP 🌐



Internationally acclaimed, Paul Chek developed his unique, holistic approach during twenty-two years of clinical practice in the fields of corrective exercise, high performance conditioning and integrative lifestyle counselling. Author of numerous books and

professional development courses, he is the founder of the C.H.E.K Institute and the P~P~S Success Mastery Program.

## Lisa Champion, MSc (ExSc)



In her role as a director of the Australian Fitness Network, Lisa has had a positive influence on the development of the fitness industry in Australia for nearly twenty years. Lisa has shared her expertise and knowledge as an instructor trainer, program developer, convention presenter and author. She works as a specialist personal trainer, teaches Pilates and children's movement classes and inspires equestrian athletes through her book *Riding from the Inside Out*. Lisa is also co-creator of the PERFECT PRACTICE™ training system.

## Annette Chatterton, BEd (PE)



Managing director of the Australian Institute (SA & NT), Annette is an active presenter and lecturer throughout Australia. Since 1982 she has worked in every aspect of fitness instruction and instructor training and is a passionate role model for health and fitness for life.

## Andrei Chernousik 🌐



One of the world's leading group exercise instructors, Andrei is a highly acclaimed presenter at fitness conventions throughout his native Russia. He has represented Russia at international level both as a gymnast and as an aerobics competitor, and is also a Belarus Sport Aerobic National Champion. Andrei has over twelve years experience teaching a wide variety of group exercise classes.

## Matty Clarke



Matty is an I.C.E (Indoor Cycling Experience) master trainer, a national presenter and a registered group fitness instructor with an enormous passion for indoor cycling. He takes great pride in educating and inspiring instructors to reach new heights in indoor cycling. Matty is sponsored by Cycleworld in Sydney.

## Dr Jacqui Close

Jacqui is a clinical and academic geriatrician specialising in the assessment and prevention of falls in older people. She is responsible for the large PROFET study conducted in London, and has recently arrived from the UK to implement her knowledge and skills in Sydney.

## Paul Collins, BPE



Paul is the general manager of the Australian Academy of Sport and Fitness (AASF) and director of [www.thebodycoach.com](http://www.thebodycoach.com). Author of the *BodyCoach®* book series which are sold worldwide, Paul also travels nationally as a corporate health and wellbeing

speaker. A former elite athlete, Paul now trains Olympic and Paralympic athletes and is the strength and conditioning coach to the Australian Tae Kwon Do team.

## Linden Cowan, BA 🌐



Linden's background in law was soon abandoned when she discovered Les Mills Group Fitness and became a certified instructor. She now has nearly twenty years teaching experience and owns a Les Mills franchise and a successful personal training facility. As manager of group fitness development at The Leisure Centre Hibiscus Coast, Linden focuses on her real passion of group motivation and health.

## Assumptious Cowley

Assumptious is a master yoga instructor at Elix'r Health Clubs in Sydney and has a profound understanding of yoga, after training under BKS Iyengar in India from 1981 to 1997. He has delivered specifically designed stress management courses using yoga, and has developed the Clinical Applications of Iyengar Yoga manual for instructor trainers at the Australian School of Yoga.

## Rick Cosier



Rick's company, Healthy Finances, provides financial advice on investments, superannuation, insurance and estate planning to over 200 companies and individuals across Australia. Prior to forming Healthy Finances in 1999, Rick held senior management positions in Colonial First State and Rothschild. He has an Honours Degree in Business Studies, a Diploma of Applied Finance and Investment, and a Diploma of Financial Planning.

## David Crossley



David has been a group fitness instructor for the past six years and also has extensive martial arts experience, having trained in and taught Tae Kwon Do for over twenty years. The originator of the BootBox! concept for freestyle classes, he is currently a Cluster Group Fitness Manager for Fitness First, overseeing the clubs in the Sydney CBD and Canberra.

## Sue Currie



Sue Currie was an award-winning public relations consultant prior to establishing Shine Communications. She spent ten years in broadcasting as an ABC Television entertainment publicist, Prime TV public relations manager, television newsreader and morning show host. Before commencing her television career, Sue modelled and gained an acting diploma from the Ensemble Studios in Sydney working in theatre and film.



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## Dr Seamus Dalton, MBBS FAFRM SACSP



A consultant in rehabilitation and sports medicine, Seamus is one of Sydney's leading shoulder and back rehabilitation specialists. A member of the IOC Medical Commission during the Sydney Olympics, he is currently team doctor for the Sydney Kings basketball team and chief physician for the Australian cycling team. Seamus is widely published and is an international lecturer on shoulder and back rehabilitation.

## DeDe Daniels, RYT 🌐



Co-creator of the flow-yoga® teacher training program, DeDe has been a certified group movement instructor since 1986. She is also a gold certified personal trainer and yoga teacher who is active in fitness development and education. DeDe contributes to numerous fitness publications, and is co-author of the *The Power Reactor™ Fitness and Conditioning Program*. She travels extensively, delivering lectures, workshops and master classes.

## Mark Davis, BAppSc (Phy) BEd (PE)



Mark is a senior presenter with Australian Institute of Fitness, and has been involved in instructor training since 1990. He is the founder of Springboard Physiotherapy, a successful physiotherapy and rehabilitation clinic, and has developed effective rehabilitation systems for individuals, sports and industry. Mark has presented at major fitness conventions and is well known for his down to earth presentation style.

## Michelle Dean 🌐



Michelle is a leading international presenter who has been teaching for 18 years. She is currently the in-house instructor trainer for California Fitness in Hong Kong.

Michelle is recognised worldwide as a former co-host of 'Aerobics Oz Style' and is a TRAX sponsored instructor. She is also a Nike chief trainer and a Les Mills BODYCOMBAT® and BODYPUMP® trainer.

## Liz Dene, BHMS



Liz's expertise relates to exercise and pregnancy issues. She is the former education manager for Australian Fitness Network, and is actively involved in developing and delivering courses both nationally and internationally. With a degree in human movement, Liz has over fifteen years experience in all areas of training and fitness. She merges traditional fitness practices with a holistic approach to wellbeing.

## Heidi Dening, BEd (PE)



Heidi's career in the fitness industry started with nine years of teaching P.E. in Australia and overseas. In 1997 she established Jump Start outdoor training, Sydney's first

outdoor health and fitness company of its kind. After ten successful years, Jump Start has earned a solid and proud reputation as one of Sydney's leading outdoor personal training companies.

## Suellen Dennehy, DipRec



Suellen's seventeen years experience in the recreation and fitness industries includes working with children and adults, presenting and writing articles for various magazines. She has a passion for fun and activity which she combines to run her own personal training business, F.U.N. (Fitness U Need) across Sydney's Northern Beaches.

## Effe Diamond, BA (Visual Arts) DipEd



Effe has more than ten years teaching experience in group fitness. She is currently a Group Fitness Coordinator 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 I.C.E indoor cycle program. Her passion lies in the development, education and training of instructors.

## Marena Digby



Marena owns a Melbourne based Pilates studio (the Pilates company) and is Donna Aston's Pilates expert on her FitnessToGo series. She has co-written Pilates programs which are accredited with Fitness Australia and a text book on Pilates that has been published in Japan. Marena represents BODYBALANCE® and BODYJAM® nationally and internationally for Les Mills Asia Pacific.

## Glenn Dobson



Glenn is a current Australian International Triathlete, 7 times Forster Ironman and ex-British Army Special Operations. To his role as a corporate trainer and business coach he brings a vast range of life experience, business and commercial expertise and over 25 years international experience in creating, leading and training high-performance sales organisations.

## Dominic dos Remedios, BEd (HM) (Hons)



Dominic is currently the national personal training manager for Fitness First Australia, responsible for the largest personal training program within the country. Prior to this he worked in the US where he ran the personal training program for Crunch Fitness, a New York based chain. Dominic has a physical education teaching background and has over fifteen years experience in the fitness industry.

## Melony dos Remedios



Originally from the US, Melony's background is as a professional fitness competitor. She has over ten years experience as a personal trainer and personal training manager. In a previous role as the NSW regional personal training manager for Fitness First, Melony helped hundreds of trainers establish successful personal training businesses. She currently works as a corporate trainer assisting companies with their health and wellness needs.

## Kayla Duke



With seventeen years experience of stage productions, and training in classical ballet and contemporary dance, Kayla's movement quality adds a unique polish to her presentations. Her passion for exercise has encompassed competitive diving and sport aerobics, but is these days focused on the fitness industry. Kayla currently teaches freestyle group exercise, aqua and Pilates and trains and assesses clients around Melbourne.

## Laraine Dunn, MAppSc



Laraine was the recipient of Australian Fitness Network's Lifetime Achievement Award in 2005, and is a former Australian Fitness Network Fitness

Professional of the Year. Her areas of expertise range from aquatic exercise education and healthy ageing to personal and professional development. Laraine is a lecturer, presenter, business owner and mentor in the fitness industry.

## Dr Garry Egger, PhD MPH



Since 1972 Dr Garry Egger has written 17 books (including the *Fitness Leader's Handbook*) and numerous scientific articles in the area of health promotion. He is

Adjunct Professor of Health Sciences at Deakin, Newcastle and Southern Cross Universities and is director of the Centre for Health Promotion and Research. As developer of 'GutBusters' and 'Professor Trim's Weight Loss Program for Men' he is Australia's best known 'waist removalist'.

## Amanda Eriksson, BA (Hons) DipEd



Amanda is the director of InterGroup Management. She has worked in the area of vocational education and training as a management consultant for the past fifteen years. Amanda has also had extensive experience training individuals and organisations, teaching them how to manage their businesses and human resources more effectively.

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## Adam Ferrier



Adam is a consumer psychologist and managing partner of Naked Communications, an independent communications strategy group whose clients include Fosters, Telstra, Coke, ninemsn, and Unilever. Adam started life in forensic psychology before making the move to brand strategy, and eventually working for Saatchi & Saatchi. He is a regular speaker, and media commentator on communications and living in a branded world.

## Janette Gale, BA Psych (Hons), MComm



Janette is a health psychologist and a leader in the emerging field of health coaching. She runs a private practice, coaching clients to make lifestyle changes, and conducts lifestyle programs with exercise and nutrition specialists using a health coaching, goal setting approach. Janette trains health professionals in motivational interviewing and other health coaching techniques through Health Coaching Australia and Deakin University.

## Grant Gamble 🌐



Grant is the chief operating officer of ACAC Fitness and Wellness Centres. He began his career in the Australian fitness industry and later formed an international fitness business consultancy firm, which developed many innovative and successful systems and programs that have been embraced by an impressive client list worldwide.

## Robert Gerrish



Robert Gerrish is a coach, author and presenter who works with small business owners. He helps clients attract more of what they want - whether that is more structure, more balance or more customers. In 2005, he founded the online resource for independent professionals, [flyingsolo.com.au](http://flyingsolo.com.au), and co-authored the book *Flying Solo*.

## Lynley Gladdis, DipArts (Dance)



Lynley is a graduate of the Victorian College of The Arts and has been involved in the fitness industry for sixteen years. She is an international instructor trainer with a wealth of knowledge in all aspects of mind body fitness. Lynley is a master trainer for the ChiBall Method in Australia and New Zealand and a key Pilates presenter for Australian Fitness Network.

## Rob Glick, BSc (ExSc) 🌐



Rob has presented in over thirty countries at hundreds of fitness events. He helped develop the GRAVITYGroup™:Strength program and was instrumental in bringing eff's

GRAVITY4Programming to the industry. Rob is the national program developer for CRUNCH Fitness in the USA and a master trainer for Schwinn, BOSU® and Body Bar. He has over twenty fitness professional-orientated videos on the market, his latest being released by the Evolution brand.

## Lesley Gray, DipYoga



Lesley has a background in dance and is a former competitive aerobics choreographer, coach and judge. She has twenty years experience in the fitness industry as an instructor, instructor trainer, convention presenter, club owner and music service provider. Her true passion lies in integrity of movement education leading her to specialise in Yoga, Pilates and mind body practises.

## Kerrie Hains, BHMS AssDipSpSc



Kerrie has been in the sports, health and fitness industry for the past nineteen years. She has worked with all levels of clients including elite and professional athletes, general population and rehab clients. She is an international lecturer on corrective exercise and functional exercise for a variety of special populations.

## Rob Hale



Rob has been involved in the fitness industry for the past ten years. He is currently the NSW Regional Personal Training Manager for Fitness First Australia, managing 27 clubs. He has an extensive background in exercise physiology and rehabilitation and specialises in personal training management in particular business strategies for innovation, growth and retention.

## Leanne Hammond, BAppSc (HMS) BAHSc (Nut&Diet)



Leanne is a passionate and highly qualified lifestyle specialist. With dual qualifications as a dietitian and exercise physiologist, and seven years of experience in these fields, Leanne's sessions will boost your nutrition knowledge and skills, so you can better help your clients to achieve their optimal health and performance.

## Brendon Harris, BPE



Brendon is a practicing level 3 CHEK practitioner who has run successful personal training businesses for over ten years. Using nutritional and lifestyle coaching, soft tissue therapy and corrective/high performance exercise, he has achieved phenomenal results in health clubs, physical therapy clinics and professional sports teams. Brendon is currently a cluster personal training coordinator for Fitness First Health Clubs.

## Gabrielle Harris 🌐



With thirteen years experience in the fitness industry, Gabrielle has played an integral part in building up the success of the Aquaworks™ program at the Hibiscus Coast Leisure Centre in New Zealand. She is a Les Mills instructor with a passion for dynamic instruction and innovative choreography.

## Garry Hart



Garry has over 25 years of industry experience. He has been an instructor of Les Mills programs since 1983 and has trained and presented nationally and internationally. In 2003, Garry was named Fitness NSW's Employee of the Year. He is currently the training director for Les Mills Asia Pacific and master trainer for BODYBALANCE®.

## Avril Henry



Avril's career spans senior roles in finance, IT, project management and HR. She has worked internationally for leading corporations and runs her own public speaking, consulting and executive coaching business focusing on leadership, people and performance strategies. A former Telstra Businesswoman of the Year nominee, Avril was a finalist in the 2004 Australian HR Awards for the Lifetime Achievement in HR Award.

## Klinton Hoare, DipSocSc



Klinton is the co-owner of UPE, a personal training and Pilates studio, and founder of ALIVE Institute, a highly innovative and renowned consultancy company specialising in productivity, personal and professional effectiveness, team enhancement and motivation. Focusing on behaviour change and culture reversal, Klinton's topics stimulate life transformation. Since 2004 Klinton has consulted to the National Rugby League as the high performance manager.

## Marcus Irwin



A former world dual aerobics champion, Marcus has presented in over 50 countries to more than 60,000 people. He is co-owner of the Sydney based Elix'r Health Clubs and currently spends his time developing instructor training and education programs internationally, and producing his own range of Evolution training resources.

## Garry James



Garry is a registered boxing coach, personal trainer and indoor cycling instructor. Since 1999 he has been operating X Factor Personal Training in Canberra. His past and present clients include amateur and professional athletes and sporting teams. Garry has been delivering dynamic group boxercise and cycling classes for the past five years.



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## Michael Jeffreys



Michael is the fitness coordinator at Elix'r Bondi. He has been presenting nationally for the last seven years and internationally for the last two.

Michael is the Reebok master trainer and is an assessor for the Australian Institute of Fitness (NSW). He has an active interest in all aspects of fitness and is one of Sydney's leading instructors and personal trainers.

## 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 2-day Public Speaking and Presentation Mastery courses.

## June Jones



During her two decade career June has been a group exercise teacher, and a manager of leading fitness facilities and a corporate health and fitness consultancy. Today she is co-owner of the ELIXR group and director of Omnibody Yoga Props. June currently practices and studies the teachings and disciplines of Iyengar yoga and is a certified Level 2 introductory teacher.

## Patty Katts



Patty Katts has been a professional dancer for fifteen years and a fitness instructor for the past four. Known for her outstanding teaching skills and creativity, Patty's energetic, outgoing personality and attention to detail ensure that her participants are always in for a memorable and fun-filled experience.

## Manny Katts



Manny has been consulting and teaching in the fitness industry for over nineteen years. During this time he has delivered HiLo, Step and boxing presentations at

international and domestic conventions. Manny's natural creative ability to make individuals and groups reach their full potential has led to him teaching aerobic classes and programs with instructors extensively in Hong Kong, Canada and Germany.

## Lisa Kaye



Originally from the UK, Lisa is a former member of the British national gymnastics squad. Now based in Sydney, Lisa has been teaching exercise for 10 years and is a STOTT

PILATES® certified instructor trainer, a registered fitness leader and an ACSM certified health and fitness instructor. Lisa presents STOTT PILATES® matwork and Reformer courses at Elix'r Health Clubs in Sydney.

## Tim Keeley, BAppSc (Phy)



Tim is the senior physiotherapist at Get Active Physiotherapy which has clinics inside four Fitness First facilities in Sydney. He has

extensive experience in all aspects of injury prevention and rehabilitation and specialises in sport injuries and complex spinal problems. Tim works closely with the personal training department of Fitness First to ensure safe and effective programs are delivered in each and every training session.

## Brendan Kennedy, BHMS



Brendan has a strong interest in the exercise limitations of children with chronic illness and disability, particularly those with respiratory conditions. As exercise

scientist at CHISM, he has been involved in exercise testing, prescription and gym supervision of overweight and obese children. He currently has a leading role in CHISM in the development of motivational and assessment tools for morbidly obese patients.

## Dr Len Kravitz, PhD 🌐



Len is the program coordinator of exercise science and researcher at the University of New Mexico where he recently won the 'Outstanding Teacher of the Year'

award. Len was honoured with the 1999 Canadian Fitness Professional 'International Presenter of the Year' and the 2006 Canadian Fitness Professional 'Specialty Presenter of the Year' awards and chosen as the American Council on Exercise 2006 'Fitness Educator of the Year'.

## Annette Lackovic



Annette has been living and breathing health and fitness, and making a difference in the industry for over ten years. Her expertise in management, sales, personal

training and customer service has been the driving force creating winning teams for health clubs Australia wide.

## Petar Lackovic



Petar is the general manager and master trainer of Impact Training Corporation. His proven sales track record and extensive experience is coupled with his work in Neuro-Linguistic Programming, negotiation skills and conflict resolution. Petar is also accredited in DISC behaviour style analysis.

## Monica Linford



Based in London and South Australia, Monica is an internationally successful author, educator and mind body fitness consultant. She is the creator of the ChiBall Method™

which has been translated into five languages and is now taught in 16 countries around the world. Monica was the recipient of the Fitness Professionals UK 'Award of Excellence' in 2000.

## Associate Professor Stephen Lord



Stephen is an associate professor at the Prince of Wales Medical Research Centre and oversees many studies on the physiological factors that put individuals at risk of falling and sustaining injuries.

## Min Lomo



Min is manager of the Stadium Fitness Centre and has had over 15 years of experience in the fitness industry as a group exercise coordinator, 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



With over thirteen years experience as a group fitness instructor, Ceciley is known for her energetic, creative style. Teaching a wide range of freestyle class formats, she has presented nationally for the last five years and currently teaches at some of Sydney's leading health clubs.

## Alani Mala



Alani has worked extensively in the Fitness Industry over the last 12 years. Gaining a Bachelor of Physical Education from Otago University majoring in exercise physiology, he worked in group fitness, personal training, instructor and trainer development, and management as a cluster personal training coordinator for Fitness First in Sydney. Alani's dynamic presenting style and experience has him in demand in New Zealand, Australia, South East Asia and the US.

## Peter Manning



Since arriving from Scotland seven years ago, Peter has established and successfully operated his own personal training business in NSW training corporate businesses, and been contracted to the Australian Defence Force as a physical training instructor. In 2006 he launched his innovative fitness product 'circuits4life', an exercise card based circuit training method which has been showcased in Australia and the UK.

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## Merrin Martin, BAppSc (Physio)



Having degrees in both physiotherapy and in sports science has empowered Merrin to become an expert in using specific exercises for prevention and treatment of injuries.

She has extensive experience as a professional presenter, and has developed many fitness courses and workshops. Merrin is based in Sydney, where she works as a physiotherapist in conjunction with personal trainers, exercise scientists, massage therapists and Pilates instructors.

## Andrew May, BAppSc



Andrew is the co-founder of Good Health Solutions, Australia's largest corporate health and productivity company. He is also the founder of PT Plus, an international fitness consultancy based in Australia and the UK. As the former physical performance manager for the Australian Cricket Team and consultant to a range of Olympic and Australian representatives, Andrew works with a number of Australia's highest profile athletes.

## Matt McCorkindale



Matt has been a successful personal trainer for eight years, working in New Zealand, the UK and now Australia. He is currently a senior personal trainer at Fitness First Bond St in Sydney, where he specialises in corporate athletic enhancement and corrective exercise.

## Kerry McEvoy, MHMS



Kerry has been in the fitness industry for 23 years, and in business for sixteen. He has owned five businesses in that time and is currently the director of the National College of Business and the Australian Institute of Fitness (QLD). For the past five years both of these businesses have grown more than one hundred per cent year on year.

## John McKenzie 🌐



John is a world class professional presenter, motivational speaker and indoor cycling coach and instructor. As New Zealand's leading specialist indoor cycling instructor, he has

presented highly successful workshops and master classes throughout New Zealand and at FILEX. John has presented television programs for some of New Zealand's major cycling and multi-sport events and runs his own marketing communications company, enthuse Ltd.

## Jason McLaren, BAppSc (HM)



As a sports scientist, Jason has worked for the Sydney Academy of Sport and in the sports footwear industry. He has worked extensively on the exercise,

physiological and biomechanical assessments of elite and developing athletes. Jason has conducted research in the fields of core stability and biomechanics and has assisted the Australian Institute of Sport on several research projects.

## Katharine McLarty, BPAS CSCS 🌐



Katharine is a kinesiologist who provides water exercise programs to a wide variety of clientele in Toronto, Canada. An international presenter, she is also a continuing education provider for personal trainers and water instructors. Katharine is also the creator of the water fitness DVD, Fluid Yoga-Tai-Lates.

## Stephanie McLennan, BEd DipT DipEd 🌐



Stephanie has been involved in the health and fitness industry for over 28 years and currently project manages a large healthy lifestyle intervention project in schools across New Zealand. Additionally, she coordinates and instructs university exercise classes and works as a healthy lifestyle coach. Stephanie has written two exercise books, one for primary school teachers and the other an 'at home' exercise guide.

## Joanna McMillan-Price, BSc (Hons) Nut & Diet



Joanna is a nutrition scientist and fitness leader with over twelve years industry experience, both in her native Scotland and her adopted country Australia. She has recently completed a PhD thesis on diet and fat loss and is the author of *Reality Food*, co-author of the *Low GI Diet* and the *Low GI Diet Cookbook* and is a regular media spokesperson.

## Marietta Mehanni



Marietta is an award winning instructor and presenter with over seventeen years of teaching experience in both land and water based group exercise. Recently qualified for international accreditation (AFAA and ACE), she presents regularly at national and international conventions. Marietta is also a course coordinator, lecturer and examiner for Certificate III in group exercise and aqua exercise leadership.

## David Misson



David is the elite performance manager for the Sydney Swans and former fitness advisor for the Australian cricket team. He is currently also the managing director of Challenge Fitness Pty Ltd. A former nationally ranked track and field athlete and state hurdles champion, David has also worked with the Wallabies, Tennis Australia, the NSW Institute of Sport, the Sydney Swifts netball team, the Brumbies and the Waratahs.

## Paul Molinia, DipHSc DipExSc



Paul is an exercise rehabilitation and sports performance consultant, and an international lecturer in his field. He has over fourteen years experience in exercise prescription for a variety

of elite athletes and teams, and insurance-based exercise rehabilitation clients. He has a background in nursing and is currently completing a master's degree in exercise science and sports science.

## Summer Nelson



Summer is the managing director of My Trainer Corporation and sits on the executive committee of Fitness Victoria and the Personal Trainers Round Table. Entering the industry in 1999, Summer moved through sales and management to become a specialist sales training communication consultant. Her passion lies in helping people to change their lives for the better.

## Claire Norgate, MEd



Claire has spent the past 25 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 fitness classes and develops instructor training courses.

## Matt O'Neill, MSc (ND) BSpSc



As one of Australia's leading dietitians and founder of SmartShape.com.au, Matt provides inspirational nutrition and weight loss education. He appears

regularly on television and has presented seminars in eight countries. Matt has been nutritionist for the Australian Consumers' Association and a Member of the National Health and Medical Research Council's Overweight and Obesity Working Party.



# FILEX 2007 Presenter biographies

🌐 – International presenter

## Rob Orr, MPhty BFET ADFPTI



Serving with the Australian Army, Rob is a qualified Defence Force physical training instructor and physiotherapist. Possessing a unique military and civilian conditioning background, he specialises in merging scientific theory with instructional art. With publications and training manuals spanning multiple fields, Rob presents, instructs and assesses various conditioning programs nationally.

## Helen Palethorpe



Helen has 23 years experience in the fitness industry. In 2000 she won a Churchill Fellowship to study physical activity programs for older adults overseas and subsequently introduced new programs to Australia. In 2006 Helen was awarded the Order of Australia Medal for services to the community in development and delivery of physical activity programs for older adults.

## Dr Robbie Parker, PhD MEd



Robbie is an internationally recognised authority on strength training and recipient of Australian Fitness Network's Lifetime Achievement Award in 2000. He is the head of the Children's Hospital Institute of Sports Medicine (CHISM), The Children's Hospital at Westmead and is an honorary associate of the School of Molecular and Microbial Biosciences within the Faculty of Science at the University of Sydney.

## Kerri Parkinson



A highly regarded and motivational aqua presenter, Kerri presents internationally on all aspects of aqua fitness, and is a key program developer for Australian Fitness Network's aqua course.

## Zosha Piotrowski, BSpSc 🌐



Zosha is an international instructor trainer and convention presenter. She is involved in developing instructors and talent in freestyle group exercise, and is the key program developer and lecturer for Network Pilates courses. Her goal is to motivate and infect others with her energy and to bring wellness and entertainment into people's lives. Zosha is also the co-host of 'Pilates TV' on Foxtel's Lifestyle Channel.

## Taryn Polovin, BSpSc GradDip (Human Nutrition)



A certified group exercise instructor, personal trainer and Pilates practitioner, Taryn has worked in the fitness industry for the past ten years. She has shared her knowledge on many television shows including 'Good Morning Australia' and is the host and creative director of 'Aerobics Oz Style'. Taryn currently owns two Pilates studios in Sydney and is a GRAVITY instructor trainer for Australia.

## Krista Popowych 🌐



A former Canadian Presenter of the Year and co-host of CWO Fitness TV, Krista is the CEO of KP Fitness Multimedia. As a fitness and personal trainer specialist, master trainer for Keiser Cycling and MIO™, associate editor for FBC magazine and one of IHRSA's 2006 top 25 up-and-coming executives, she is a highly sought after fitness professional who loves to inspire others through education and movement.

## Jari Rehula



Jari's creative approach and outrageous personality make him a consistently popular presenter. With over fifteen years fitness industry experience, he is the owner of Fat Free Fitness, a successful fitness consultancy and personal training business.

## Professor Debra Rose, PhD 🌐



Debra is a co-director of the Center for Successful Aging at California State University, Fullerton. She also serves as one of three co-directors of the Fall Prevention Center of Excellence at the University of Southern California. Debra's primary research focus is on the enhancement of mobility and the prevention of falls in later life. She also developed the award-winning Fallproof™ balance and mobility program.

## Karen Russell



Karen has over 17 years experience in the business of fitness. She has worked with Les Mills since 1997 and is currently the Les Mills Asia Pacific master trainer for BODYATTACK® and BODYSTEP® and national trainer/presenter for BODYPUMP® and RPM®. Karen is also the Queensland group fitness manager for Zest Health Clubs.

## Margaret Ryall-Egan, AssDipExSc



NSW Fitness Professional of the Year 2005, Margaret has been in the industry for nearly twenty years. Inventor of Ryall's Buoyancy Belts and more recently the Rippers, she specialises in deep water exercise programs for clients ranging from elite athletes and teams to children or the disabled. Margaret also lectures and assesses for the Aqua Fitness Leaders Course for TAFE NSW.

## Jennifer, Schembri-Portelli, BEd



JSP has specialised in water based training for over two decades. Her business WETS (Water Exercise Training Service) provides strategic advice to instructors, clients and organisations seeking to use the benefits of exercising in the aquatic environment. JSP has significantly influenced the development and profile of exercising in water within the fitness industry.

## Steve Schiemer 🌐



One of the most professional and dedicated presenters on the circuit, Steve's reputation precedes him. His expertise in fitness boxing, creative flair for HiLo, and technical ability on the Step are second to none and his immaculate teaching skills and infectious style are showcased in every presentation he gives. Couple this with his magnetic personality, and you can see why he is in constant demand all over the world.

## Tim Schleiger, BEd (PE) AdDipMassage



Tim Schleiger is the Director of 2 Good Personal Training & Corrective Exercise in South Yarra, Melbourne. Over the past fifteen years Tim has specialised in postural based and corrective exercise techniques to assist in the treatment of many forms of injury. During this time he has worked closely with orthopaedic surgeons to develop pre and post operative exercise programs.

## Ian Schubach



Ian worked for five years as a safari guide at game lodges in Africa. He now calls Sydney home, but continues to use his safari experience as a tool to enthral audiences in Australia, Europe and the USA. Ian returns to the African bush each year to experience the power of nature and pursue his passion for animal tracking and photography.

## Nathan Schrag



Nathan has been in the fitness industry for thirteen years and currently runs his own group training business, Consort Fitness, in Victoria. As a highly regarded military physical training instructor he has trained everybody from troubled youths to Olympic swimmers and Special Forces. His military experience has allowed Nathan to develop many bootcamp style classes that are used throughout the military.

## Jane E Seymour, MA



Jane has been a group exercise leader for 23 years and yoga teacher for eleven years. As director of Resource Performance Workshops, she prepares and delivers workshops which are accredited for Continuing Professional Development points by the Yoga Teachers Association of Australia. Jane's qualifications include an MA, Level 2 Yoga Teacher Certification (YTAA), Certificate IV Workplace Trainer and BODYPUMP® certification.

# FILEX 2007 Presenter biographies

🌐 – International presenter

## Karin Sharp-Gurtner



Karin has ten years teaching experience in the fitness industry and is the founder of Art of Motion, a contemporary institute for training in movement which operates in Australia and Switzerland. A group fitness instructor, personal trainer, yoga teacher and Pilates educator, Karin is dedicated to exploring innovative techniques of integrating Pilates, yoga and dance into holistic concepts.

## Andrew Simmons, BSpSc



Andrew is the director of Vision Personal Training, Australia's fastest growing personal training studio franchise. Voted National Personal Trainer of the Year in 2003, Andrew is also author of the book *Fat Loss, Take Control*, sales of which have exceeded 25,000 throughout Australia. Andrew has presented for the Australian Institute of Fitness (NSW) and at FILEX Conventions since 1995.

## Rebecca Small 🌐



In the seven years since she moved to Europe from her Sydney home, Rebecca has established herself as one of the foremost female presenters on the international circuit. Recognised as one of the premiere step presenters worldwide, Rebecca's immaculate teaching skills are clearly evident in every style of aerobics she teaches, be it HiLo, low impact, kickboxing or stretch.

## Rowena Szeszeran-McEvoy



Rowena is the director of the Australian Institute of Fitness (QLD), the Australian Institute of Massage (QLD) and the National College of Business. She has been acknowledged by *BRW* magazine as owning one of the hundred fastest growing companies in Australia. Being in business most of her life, she loves to share her lessons from her successes and her mistakes.

## Justin Tamsett



A former personal trainer, Justin has been in the industry since 1988. He now owns Active Health Club and is director of Active Management, a role which sees him solving the marketing needs of fitness facilities. As facilitator for the Australian Fitness Round Table program he helps clubs increase profitability. One of Australia's leading fitness business presenters, Justin is a previous Vice President of Fitness Australia and inaugural President of FitnessNSW.

## Paul Taylor, MSpSc MSc (Human Nutrition)



Paul is an accredited exercise physiologist, nutritionist and personal trainer. He is the owner of BeSpoke Health and Fitness, senior lecturer for the Australian

Fitness Academy and university lecturer on exercise science. As an exercise physiologist, Paul works with a broad range of clients, from elite athletes to individuals with controlled disease.

## Mike Thomas 🌐



Mike has had eighteen years experience in the fitness industry as a teacher, manager, competitor and presenter. Formerly based in Australia, where he toured extensively as a workshop presenter and professional dancer, he now resides in Hong Kong, Singapore and Malaysia, managing and teaching for Asia's leading fitness chains, California Fitness and 24 Hour Fitness.

## Katherine Tsebelis, BAppSc (Physio)



Katherine is a physiotherapist who is extensively involved in the fitness industry. She has taught group fitness classes for over sixteen years, lectured for many fitness leader courses and is national instructor trainer in Fitball. Katherine operates her own physiotherapy practice, which specialises in clinical Pilates, back health and corrective exercise classes, as well as working in the mainstream fitness arena.

## Mirko Turla 🌐



Originally from Italy, Mirko has worked in the fitness industry for the past ten years and is currently based in Hong Kong. Mirko has presented workshops and master classes at conventions across Asia, Australia, Italy, New Zealand and the US. He is a lecturer for Aqua Fitness Certification courses and a Polestar Pilates teacher trainer.

## Michael Vincent



Michael is a senior trainer with Impact Training. He is an international presenter and educator in the areas of sales training, business development and coaching, and is an international trainer and presenter for Les Mills Australia, arming him with a unique insight into how to grow businesses from the inside out.

## Dione Ware



Dione is the project manager and master trainer for BODYVIVE™ for Les Mills Asia Pacific (LMAP) and ProInstructor™. She is also an LMAP trainer and presenter for BODYPUMP®, BODYBALANCE®, BODYSTEP® and BODYCOMBAT®. Dione has extensive fitness industry experience and with her passion for exercise and movement she has established a strong Pilates base.

## Jason Weber, MSS



Since 2002, Jason has been the strength and conditioning coach for the Wallabies. Over the last decade he has guided the high performance programs for the NSW Waratahs, QLD Reds and the Australian Institute of Sport rugby program. Jason is also author of the book, *Train Tough*.

## Liz Wells



Liz is managing director for Fitkid (Australia) Pty Ltd. She has been in the fitness industry for ten years and instructs all freestyle classes and four pre-choreographed programs. Liz is a previous board member for Fitness NSW and the Training & Registration Committee. She is also a TAFE lecturer and senior lecturer for CHISM both in Australia and Hong Kong.

## Diane Westaway, BEd (PE)



As a highly qualified fitness professional, Diane has spent the past six years developing Fitfa Adventure. She is a former national aerobics champion and Fitness Leader of the Year but her greatest achievement is getting fifteen middle aged mums to the top of the highest volcano on earth, Mt Kilimanjaro.

## Lisa Westlake, BAppSc (physio)



Lisa has worked in the health and fitness industry for over twenty years. Australian Fitness Network named her Fitness Instructor of the Year in 2000, and Presenter of the Year in 2003. Through her business, Physical Best, Lisa combines physiotherapy and fitness to create classes and programs for a variety of ages, levels and abilities, and is well known for her work in developing the Fitball program in Australia.

## Danielle Woodcock, BHMS



Danielle is a qualified personal trainer, group exercise instructor and level one strength and conditioning coach. She currently runs a successful Sydney-based personal training business in which she focuses on clients with back pain. Danielle is a head assessor and part time lecturer at the Australian Institute of Fitness, NSW, and is a master trainer for the I.C.E indoor cycling program.