

# Presenter profile: Paul Wright



Personal Trainer Network caught up with Australian Fitness Network's Author of the Year to find out what makes one of Australia's leading authorities on rehabilitation and injury prevention tick...

#### **Name, occupation, state**

Paul Wright, Director of Get Active Physiotherapy, NSW

#### **Your fitness qualifications**

DipEd(PE)BAppSc(Physio)

#### **How did you get into this industry and how did you arrive at where you are today?**

My interest in sport and exercise at school led me to complete a Phys Ed Diploma. The anatomy, injury prevention and exercise components of the course encouraged me to continue studying physiotherapy. My interest in combining exercise and rehabilitation has culminated in the growth of Get Active Physiotherapy within four Fitness First health clubs in Sydney.

#### **Describe your typical day**

No two days are the same. I'm directly involved in all aspects of the business including recruitment and training, marketing, promotion and making sure that Get Active continues to be a market leader in the area of exercise rehabilitation and health care services.

#### **What are the best and worst aspects?**

The best aspect is having a direct and powerful role in guiding and mentoring the careers of the members of our team. I also get real enjoyment seeing our programs and services help our patients to live healthier, more fulfilling lives. As for the worse aspects, I honestly can't think of any - I get a real buzz out of what I do!

#### **What is the greatest challenge you face in your career?**

My greatest challenge is encouraging people to take positive action in relation not only to injury prevention, but to their general health and wellbeing.

#### **What has been your greatest career highlight to date?**

Guiding the development of Get Active over the past thirteen years, no question. Our first clinic consisted of a fold out treatment table set up in the gym manager's office when he left each day at 3pm. We now have five clinics and a rapidly growing team of exceptional therapists.

#### **What are your goals for the future?**

To continue developing and expanding the Get Active brand while always remembering the most important issue of all – quality time with family and friends. ♦



#### **Share in Paul's physio wisdom at Network 06.**

#### **Choose from the following sessions:**

- Shoulder injury prediction, prevention and rehabilitation – the essentials (B2A)
- Advanced hypertrophy programming (B4A)
- Knee injury prevention and rehabilitation (C1A)
- A bunch of 5s (C5A)

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