

AND THE 2006 AWARD GOES TO ...



Of course, FILEX time means Industry Award time, so here is the low down on who received what! Check out this run down of the illustrious recipients of this year's accolades and visit www.fitnessnetwork.com.au/awards for details of our runner up applicants. Well done to all!



Australian Fitness Network's Author of the Year – Paul Wright (NSW)

Paul Wright is one of this country's leading authorities on rehabilitation and injury prevention and has been regularly authoring articles for Australian Fitness Network since 2001.

He is the director of Get Active Physiotherapy and Health Services, which has clinics inside Fitness First clubs at Carlingford, Castle Hill, Dee Why and St Leonards (Sydney, NSW).

Paul is also a senior lecturer for the Australian Institute of Fitness (NSW) and a featured presenter at many national and international health and fitness conventions. Paul has also released a series of DVDs specifically for fitness leaders, covering knee, shoulder and lumbar spine injury prevention and rehabilitation, Swissball for rehabilitation and advanced resistance training. (Read this issue's article by Paul on page 61)

Australian Fitness Network's Presenter of the Year – Joanna McMillan-Price (NSW)

Joanna McMillan-Price started teaching group exercise when she was 18, and a few years later, after realising the importance to fitness of nutrition, completed a science degree in nutrition and dietetics.

She then worked in the nutrition field in her native Scotland, and in London, before moving to Sydney in 1999 when her teaching and presenting relationship with Network started.

Group fitness has always been Joanna's passion and over the past 16 years she has taught pretty much every type of class, but today she spends most of her time teaching Les Mills RPM, which she just loves.

Joanna has completed a PhD on diet and fat loss, written several books on nutrition and contributed numerous pieces to fitness and science magazines and journals. She also wrote and developed BodyTrainer Revolution with Les Mills International. On top of all this, she and her husband are raising a son, and have another baby on the way!



Les Mills Instructor of the Year - Caroline Pitney (NSW)

Caroline Pitney has taught BodyPump for nine years, BodyBalance for six years and RPM for nearly 5 years. Three of her four children have followed in her footsteps, and between them instruct most Les Mills programs.

Caroline has realised her dream of owning and operating a fitness facility that delivers Les Mills programs – with her husband, Colin McMillan and four children, Caroline owns and runs Integra Health Fitness and Wellbeing for Women, in Orange, NSW.

The 21st of March this year was an historic occasion for Caroline, when she and her daughters launched BodyPump 57. While they had all launched programs before, they had never done so as a family.

Caroline is an inspiration to her own family, and has personally helped train and encourage many other instructors by holding Les Mills training sessions and workshops over the years.



Fitness Australia's Fitness Professional of the Year – Margaret Anderson (WA)

Hailing from Fremantle in Western Australia, Margaret Anderson has been involved in the fitness industry for over 22 years. During this time Margaret's qualifications and industry involvement has progressed from casual fitness employment to management of fitness facilities, including portfolios in gym, group exercise, aqua and personal training.

Margaret runs her own personal training business and is passionate about servicing clients with injuries or disabilities, emphasising research based rehabilitation that fuses fitness with holistic wellbeing.

Margaret also works as a fitness consultant, fitness presenter, nutritional advisor and is a lecturer in Certificate III and Certificate IV in Fitness. She is a co-developer of Aqua Pump, a strength and conditioning aquatic activity which has been implemented in fitness centres across Western Australia.

Last year, Margaret was named Western Australia's Fitness Professional of the Year; and now, she is Fitness Australia's 2006 Fitness Professional of the Year.



Australian Fitness Network's Fitness Facility of the Year – Green Apple Wellness Centre (QLD)

The Green Apple Wellness Centre, located in Bald Hills in Brisbane, has been operating since 1978, when it was founded by Victoria Gill. Green Apple offers prescriptive exercise, dietary help and natural therapies in an unthreatening environment with doctors and other health professionals frequently referring patients to the centre.

As a facility placed in the high end of the local market, the Green Apple name is synonymous with quality, which has seen it win numerous prestigious business awards, including Fitness Queensland's 2006 Fitness Facility of the Year.

Green Apple has contributed to the Australian fitness industry by raising community awareness of the importance of fitness, and through its six year role on the board of Fitness Queensland. The satisfaction of both members and staff is exceptionally high, with many of them having over 25 years' loyalty to the centre.

Green Apple has an outstanding record for fundraising and community outreach, which includes the creation of the 'Forever Active' scheme for children, and seniors at risk of obesity.

Australian Fitness Network's Lifetime Achievement Award – Bill Robertson (ACT)

Bill Robertson has had a major impact on the Australian fitness industry since the 1970s, through his role as a National Swimming Coach. In 1975 Bill took over Deakin Health Spa in Canberra, which he continued to run for the next 28 years.

In the early 1990s, Bill noticed that aerobics rooms across Australia were becoming empty, so he identified a solution. In 1995 he introduced BODYPUMP to the Australian market, which soon became the world's most successfully branded group fitness program.

In 1996 Bill founded Les Mills Australia (now trading as Les Mills Asia Pacific), to bring the Les Mills Group Fitness programs to the Australian market. In that same year he co-founded Les Mills International to take these pre-choreographed programs to the world.

Ten years on Les Mills Asia Pacific holds a market share of over 80 per cent. It has an instructor base of over 11,500 and is taught in over 55 countries, in 10,000 Health Clubs, by 60,000 instructors. Every week, more than 4 million people participate in Les Mills programs.



Australian Fitness Expo 2006 Exhibitor awards

Best Stand Award Shell Scheme - Timex

Best Stand Award 36m2 and Under - Oregon Scientific

Best Stand Award Over 36m2 - Les Mills Asia Pacific