

PRESENTER BIOGRAPHIES

KEN BALDWIN, AssDipAppSc DipFacility & Rec Mgt



Ken is a master trainer for Schwinn Indoor Cycling and BOSU. As president of the IDEA World Fitness Aquatics Board, Ken is the first non-American to be appointed and the only male on the Board. With over twenty years experience in the fitness

industry, Ken now runs QPEC Fitness Solutions, a company dedicated to continuing education through the provision of products and programs.

DEREK BARTON USA



Derek is a much sought after public speaker on advertising, public relations, branding and customer service. As the former senior vice-president of marketing for Gold's Gym International, he was responsible for helping build Gold's Gym into one

of the most respected and recognised brands in the fitness industry. Derek now runs his own successful consulting and entertainment production company.

TONY BOUTAGY, BHMS



Tony is the director of the Sydney Sports and Athletic Performance Centre strength training facility. He is actively involved in strength and conditioning and fitness education, and he is also a postgraduate student at ACU. He regularly contributes

to fitness publications, and is a former recipient of Australian Fitness Network's Author of the Year award.

ANNA-LOUISE BOUVIER, BAppSc (Physio)



Named Australian Fitness Presenter of the Year for 2004, Anna-Louise developed her unique Sydney-based physiotherapy exercise practice, Physiocise, 10 years ago. Her practice now teaches over 750 clients a week how to fix their backs through

exercise and posture education. She is a 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.

GAYLE BRIMBLE



Gayle's 16 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.

KAREN BRUK-FINUCANE, BA DipComm



With more than 16 years experience in the fitness industry as a group fitness instructor, personal trainer, fitness counsellor and fitness journalist, Karen is currently the cluster group fitness coordinator for Fitness First Australia, overseeing clubs in NSW. Karen's

passion for sharing her knowledge and experience with others in the industry has seen her presenting at conventions and workshops across the world.

BEN BUTLER, BHMS



Ben is the head presenter and main curriculum contributor for the Australian Institute of Fitness (QLD). He runs his own personal training business, B Strong Personal Training, and has a wide range of experience as an educator, both nationally and internationally. Ben is

renowned for his ability to make science entertaining and easy for students to understand and apply.

DR ELIZABETH CELI, PhD



Elizabeth has worked in clinical health psychology for nine years. As a clinician and workplace trainer specialising in the impact of depression/anxiety on human quality of life, her clients benefit from her skills in integrating psychological and physical health. Through mentoring

personal trainers and advocating safe and effective exercise, Elizabeth implements her passion for utilising exercise as a tool toward optimal health and wellbeing.

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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 20 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*. She is also the co-creator of the PERFECT PRACTICE™ training system.

ISH CHEYNE NZ



Ish Cheyne is one of New Zealand's top personal trainers and is an international presenter for Les Mills. He currently manages a team of over thirty five personal trainers. With over a decade's experience of working in the fitness industry, Ish is well equipped to deliver dynamic, motivational, entertaining and informative seminars.

DI CLAPP



Di has more than fifteen years experience as an aqua and group fitness instructor on the Sunshine Coast. She is a passionate advocate of the benefits of water-based exercise for people of all abilities. Di also works as a personal trainer and Pilates

instructor, and encourages clients to get involved and be as active as possible at every opportunity.

MATTY CLARKE



Matty is an I.C.E. (Indoor Cycling Education) 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.

DEDE DANIELS, RYT USA



Co-creator of the flow-yoga® teacher training program, DeDe has been a certified group movement teacher 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 Power Reactor™ Fitness and Conditioning Program*. She travels extensively, delivering lectures, workshops, and master classes.

MICHELLE DEAN HONG KONG



Michelle is a leading international presenter who has been teaching for 17 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), GradDipEd (PE)



A former physical education teacher, Heidi left the education system to open Sydney's first outdoor health and fitness company of its kind. After eight successful years Jump Start has earned a solid and proud reputation as a leading outdoor personal training business. Heidi is also the president of

the Personal Trainers Council of NSW.

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HEIDI DI SANTO



Heidi has been working as a motivational speaker since 1997 and is one of Australia's leading lifestyle presenters. Known as the 'Energy Expert', she is author of the books 'Ignite Your Potential' and 'Heidi's Lose Size and Energise', and also regularly contributes to television and radio programs. Heidi is a passionate, energetic presenter who speaks from the heart about her own life experiences.

EFFE DIAMOND, BA (Visual Arts), DipEd



Effe has more than 10 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.

LARAINÉ DUNN, MAppSc



A national and international presenter who is always in high-demand, Laraine was the recipient of Australian Fitness Network's Lifetime Achievement Award in 2005. Her areas of expertise range from aquatic exercise education and healthy ageing, to lifestyle and personal and professional development. An educator, author and instructor, she has also been a mentor with the NSW DSRD Women in Business Program for six years.

DR LIBBY ELLIS, PhD



Having completed her PhD in nutritional biochemistry in 2006, Libby is one of the most highly qualified nutritionists in Australia. As the nutrition manager at the Gold Coast's Gwinganna Lifestyle Retreat, she has been instrumental in the development of its fully organic gourmet cuisine. She makes the seemingly complicated science of nutrition understandable and delivers positive, interactive lectures that inspire people to re-think how, and what, they eat.

JAYNE EVANS, BSc DipEd



Jayne is an experienced group fitness leader and teacher of dance in education. With over fifteen years involvement in the fitness industry both nationally and internationally, Jayne offers expertise as an educator in the area of movement composition, applying the basic principles of choreography to the group fitness setting.

KIMBERLEY GARLICK



Kimberley's background is in dance and human movement, and she discovered Pilates when dancing with the Marilyn Jones and Garth Welch ballet school. She has worked as an instructor and personal trainer since 1994 and has numerous Pilates qualifications. Kimberley also has a diploma in nutrition and runs a successful Sydney-based Pilates school. She also contracts to Fitness First and YMCA as their Pilates expert.

LESLEY GRAY



Lesley has twenty years experience in the fitness industry as an instructor, instructor trainer, convention presenter, championship choreographer and judge, club owner and music service provider. Currently, she is the group fitness department manager of a leading Sydney health club, specialising in mind body classes. Lesley is qualified in Pilates and holds a Diploma of yoga teaching.

RACHEL GRIEVE



A regular convention presenter, Rachel has a background in group fitness instruction and management, personal training and fitness instructor education. She runs a personal training and lifestyle consultancy on the Sunshine Coast, and is currently completing a Bachelor of Behavioural Science (Psychology) at the Queensland University of Technology.

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, her own lifestyle consulting business, and extensive experience in the management of weight and diabetes, Leanne's presentations offer great scope and insight into these sometimes complicated areas.

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GARRY HART



Garry has 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®.

JILL HEALY-QUINTARD, DipEd



Jill has been involved in fitness for over twenty years, and has been recognised for her contribution to the industry. She runs Body and Balance Pilates/Fitness in Sydney and runs workshops for both public and corporate sectors. Jill has a holistic and passionate approach to her teaching and enjoys working with all ages and populations, recently travelling to St Tropez, France, in her role as a conference presenter.

DEMETREOUS HILL



Demetrious' twenty year dance and fitness career began when he was inducted into the elite Webb International Agency, where he was assigned to train instructors worldwide with his innovative fitness and dance techniques. He holds a degree in liberal studies, and is certified by the Cooper Institute and AFAA. Demetrious has appeared on MTV Europe and presented at conventions worldwide.

ANJA HORST, BSpSc NZ



Anja's wide-ranging areas of specialisation include training in advanced fitness, weight loss and sports injury recovery. Her knowledge and experience in using Nordic Walking for her training programmes has led Anja to assume an active role in educating and promoting the benefits of this fast growing sport to fitness professionals in Australia and New Zealand through her involvement in Australasia Nordic Walking Association.

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 a 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 to 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.

DENISE KLATTE, MPT (Physio), BSESc USA



Formerly a Reebok University master trainer, Denise has taught group fitness classes for almost twenty years. She contributes articles to health and fitness publications, presents fitness workshops and lectures internationally. Among other achievements, Denise co-created the flow-yoga® Teacher Training Program, developed The Power Reactor™ Fitness & Conditioning Program, and is an adaptive fitness instructor consultant for Disabled Sports/USA.

TOMMY KOUTSONIKOLIS, BPE



Tommy has 20 years experience in the fitness industry. He was a former conditioning coach for the Wests first grade rugby league team. He is the Les Mills Asia Pacific master trainer for BODYPUMP® and BODYCOMBAT®. He appears regularly on the instructor training videos and his work on instructor development has transformed the careers of many of the Les Mills trainers.

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, as well as being accredited in DISC behaviour style analysis.

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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. She was recipient of the Fitness Professionals UK 'Award of Excellence' in 2000.

JON MAILER, BAppSc



Jon is the director of the National College of Business and the National College of Coaching. With over fifteen years experience in fitness and business, Jon is an international presenter and trainer in the area of business development and lifestyle management.

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.

KERRY MCEVOY, MHMS, BHMS



Kerry has been in the fitness industry for 23 years and in business for 16. 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 100 per cent per year.

TERRY MCKINVEN



Terry specialises in freestyle group fitness, Latin dance and hip hop/funk. Having competed in many competitions at regional, national and world level, Terry brings a different, yet achievable, style of choreography and teaching concepts to his classes. Being multi-lingual Terry has taught classes in Spain and France as well as here in Brisbane where he is based.

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, biomechanical and isokinetic assessment and conditioning of elite and developing athletes. Jason has conducted research in the field of abdominal muscle function and has assisted the Australian Institute of Sport on several research projects.

STEPHANIE MCLENNAN, BEd DipT DipEd DipHP NZ



Stephanie has been involved in the health and fitness industry for over twenty five years and currently project manages a large healthy lifestyle intervention project in 62 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.

MARIETTA MEHANNI



Marietta is an award winning instructor and presenter with over sixteen years teaching experience in group exercise. She is currently the program coordinator at one of Melbourne's leading fitness clubs. Marietta regularly presents at national and international fitness events and is an expert in instructor training and education.

CLAIRE NORGATE, Med



Claire has spent the last twenty five years studying health and wellness and is an integral part of the Network Pilates training team. Her extensive academic pursuits, combined with practical experience in the fitness industry, make her an ideal educator for fitness instructors. Claire is a skilled yoga instructor and a popular convention presenter at Network events.

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TIM O'CONNELL, BEd



A specialist in occupational health and safety, Tim is a highly accomplished freestyle instructor and presenter. Known for his energetic and motivating presenting style, he teaches a wide range of group exercise programs at some of Melbourne's leading fitness centres. He is also a lecturer and assessor for group exercise leader certificate courses in both land and aqua.

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



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 the 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.

JARI REHULA



Jari's creative approach and outrageous personality make him a consistently popular presenter. With over 15 years experience, he is owner of Fat Free Fitness, a successful fitness consultancy and personal training business.

MICHAEL RIDGWAY, BAppSc (Physio), MPhty



Michael is principal of Baroona Road Physiotherapy and has a masters degree in musculoskeletal physiotherapy, a qualification held by only two per cent of physiotherapists. He is an ex-elite rower, having trained with the Queensland State

Squad, and also has experience as a strength and conditioning coach. Michael specialises in spinal-related conditions, and treatment and injury prevention education for athletes and personal trainers.

BRAD SHEPPARD, BEd



Brad is a national fitness lecturer with a background in body building and human movement. He owns the biggest personal trainer company in Queensland, Peak Physique, which helps individuals create and achieve their goals through exercise. He is Queensland's Fitness Industry Professional of the Year.

CHRISTINE SULLY



Christine is a personal trainer and group exercise instructor whose repertoire ranges from Bootcamp to bellydance. She now concentrates on her Bellacize business of exotic dance for fitness, which combines elements of bellydance, Bollywood, showgirl, lap and pole dancing. Christine instructs Bellacize classes in Melbourne and is also a mobile pole dance instructor.

ROWENA SZESZERAN-MCEVOY



Rowena is the director of the Australian Institute of Fitness (QLD), National College of Business, Australian Institute of Massage (QLD), National College of Coaching and Systemised Personal Training.

Rowena has featured in the '2005 BRW Fast 100' as having one of the fastest growing companies in Australia.

KANAE TAKEGAHARA, BSc (PE) JAPAN



Kanae has seventeen years experience as a physical education teacher and is currently the aerobics supervisor and instructor trainer for Sports Spa Athle. Kanae is an international presenter who teaches at several exclusive clubs throughout Tokyo. She is a former Japan champion of soft tennis and is one of Japan's most popular instructors.

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JUSTIN TAMSETT



A former personal trainer, Justin has been in the industry since 1988, and is now the owner of Active Health Club and 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 MS(Human Nutrition)



A former Royal Naval Officer, Paul is a highly qualified exercise physiologist, nutritionist and personal trainer. He is education director at the Australian Fitness Academy, owner of Bespoke Health and Fitness, and a university lecturer in exercise science. His client

list includes Glasgow Celtic football club, the Royal Navy and a number of elite athletes.

KATHERINE TSEBELIS, BAppSc (Physio)



Katherine is a physiotherapist who is extensively involved in the fitness industry. She has taught group fitness classes for over 16 years, lectured in many fitness leader courses and is a national instructor trainer in Fitball. Katherine operates her own

physiotherapy practice, which specialises in clinical Pilates, back health and corrective exercise classes.

PETER TWIST, BPE MPE CANADA



Peter has published over three hundred papers and delivered hundreds of lectures on sport specific conditioning at sport and fitness conferences all over the world. As the former strength and conditioning coach of the NHL's Vancouver

Canucks, Peter was the recipient of the NSCA's President's Award in 1998. He has coached hundreds of professional athletes in his capacity of president of Twist Conditioning which specialises in athlete training.

JOE WAIDE, BCom



Joe is the owner of Inspire Personal Training in Brisbane and was awarded Network's Australian Personal Trainer of the Year in 2004, and Queensland's Fitness Professional of the Year in 2004 and 2005. He is co-director of the

Poleabout International Education Network which specialises in global education of pole walking.

DIANE WESTAWAY, BEd (PE)



As a highly qualified fitness professional, Di 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 been working in many facets of the health and fitness industry for over 20 years. In 2000, she was named Australian Fitness Network's Fitness Instructor of the Year, and in 2003, was the recipient of Australian Fitness Network's Presenter of the

Year. 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.

PAUL WRIGHT, BAppSc (Physio)



Paul is the director of Get Active Physiotherapy and Health Services, which has clinics inside Fitness First clubs across Sydney. He is 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 released a series of DVDs specifically for fitness leaders, covering assorted injury prevention and rehabilitation techniques.