



EXPERT BIO

KRISTY CURTIS

PERSONAL TRAINER & HEALTH & WELLNESS COACH

KRISTY CURTIS IS ONE OF AUSTRALIA AND ASIA'S MOST RESPECTED HEALTH EXPERTS WITH A PASSION FOR FITNESS THAT SHE HAS TRANSFORMED INTO A SUCCESSFUL CAREER.

An experienced TV presenter, Kristy spent 2 years as *The Biggest Loser Asia's* red team trainer helping contestants to achieve the optimum outcome for their own health and wellness. She has worked closely with Brand New Media and The Singaporean Health Board to present *Healthy Me TV* Singapore and has travelled the world as a drawcard for various health and lifestyle retreats, becoming an increasingly popular speaker on the topic of corporate health and wellness.

She's rich in energy and enthusiasm and describes herself as someone who just can't sit still. Cheeky and honest, her intensity, enthusiasm for fitness, and frank feedback provide an abundant source of motivation to her clients.

Kristy strongly believes that while there are some things in life you cannot control, you can take ownership and responsibility for your health through eating good food, thinking positively and keeping your body moving.

An internationally acclaimed trainer, she is refreshingly no-nonsense and authentic, and has an uncanny ability to assess her clients' strengths and weaknesses through her 'Situational Training' style - a philosophy

where the individual training and nutrition of her clients are assessed to ensure that they are effectively balanced with the lifestyle factors affecting their health.

Outside of her TV commitments, Kristy has featured in *Shape*, *Men's Health*, *Time Out* and *Life and Style* magazine and has worked closely with *Fitness First* Online and the *CSIRO*.

Kristy is available for media opportunities and events, writing, TV presenting, corporate speaking, fitness demos and training.



For more, contact simone@thelifestylesuite.com

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