



LEE-ANNE WANN



WHO IS LEE-ANNE WANN?

Refreshingly different Lee-Anne Wann is not only highly educated and informed, but the most relevant and trusted health/fitness expert in New Zealand. After Lee-Anne hit the wall from pushing herself to the extreme, she realised that life was not about striving for perfection but about being the best you can be. That led to further educating herself to ensure she could offer solutions which every day people could relate to and implement themselves independently in their own home at little or no cost. Most importantly it changed Lee-Anne's thought process and focus so that everything she recommended was centred on one philosophy - keeping it real.

Lee-Anne describes herself as a sustainable change health practitioner and a realist. With over 30 qualifications to ensure she is up-to-date with the latest trends, ideas and scientific research, Lee-Anne's approach is not fad based but one that recognises that our lives are complicated and busy. Lee-Anne is focused on helping people get back to basics when it comes to health and fitness.

"When it comes to people's health and fitness, what I advocate for is upfront, simple, straight-forward, genuine information which will lead to sustainable and real change."

Lee-Anne.

For further information or to speak with Lee-Anne Wann please contact:
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WHAT CAN LEE-ANNE OFFER?

Lee-Anne has significant experience as a television presenter through her time as a personal trainer on 'Downsize Me' plus as an expert in the field of health/fitness for not only television but radio and a variety of print mediums. She is a regular columnist and is never shy to give her opinion on the latest diet and fitness regimes and equipment marketed to us as consumers.

During the past six years Lee-Anne has written three health and fitness books and is a regular guest speaker at conferences, company workshops and executive retreats. She is upfront, honest and a straight talker who has a fun-loving approach that is inspirational and professional. Most importantly Lee-Anne has a genuine desire to deliver which ensures she *keeps it real* and makes people focus on *small things that can make great changes*.



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