



# 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.

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 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 ensures people focus on small things that can make great changes.

*"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 [www.lee-annewann.com](http://www.lee-annewann.com) or to schedule a meeting with Lee-Anne Wann please contact: Tania Reynolds Phone +64 21 977 626 Email [Tania@lee-annewann.com](mailto:Tania@lee-annewann.com)

# empower inspire motivate educate appreciate

## WHAT CAN LEE-ANNE OFFER?

### HEALTH & FITNESS RETREATS

A top priority for Lee-Anne in 2012 is her **NO FUSS Fitness Retreats** which involve either a five or seven day retreat in an overseas location specifically chosen by Lee-Anne to allow for new skills to be developed. They are designed to take people away from the noise of modern day life, placing them back into the REAL world where the basics of human survival are fundamental to re-balance, re-set and refocus both body and mind. The aim is for attendees to come back healthier, happier, leaner and sharper but most importantly under way on a health and fitness regime that they are able to continue at home as part of their own lifestyle. These retreats can be tailor-made to suit a corporate's executives, high-achievers, top clients or a group of individuals.

By taking things back to basics with proven strategies for combating modern day pollution, stress and disease; **NO FUSS Fitness Retreats** not only keep it real but deliver real results and knowledge to inspire and empower people to be their best now and in the future.

Individuals will also be able to register their interest for a number of retreats departing in 2012 – destinations and dates to be confirmed.

Here's some feedback from a presentation at an internal conference for Southern Cross

*95.7% of our employees that attended a recent Lee-Anne Wann seminar said it offered them new and useful information.*

### CUSTOM INDUSTRY PROGRAMS

Lee-Anne has developed a range of **programmes** specifically designed to target business people:

**Meeting Makeover** – Are you or your staff constantly sitting in meetings or conferences? These programmes are designed to combat pain, tension and postural problems caused by sitting. Lee-Anne also integrates options to improve decision making, thought clarity and concentration.

**Jet Lag Buster** – Are you or your staff regular travellers? This program is designed to alleviate jet lag allowing individuals to arrive at their location much more alert, focussed and ready to tackle the demands of the trip. Includes pre-travel advice, in-air exercises and arrival tips to keep your team at their best.

**Road Warrior** – Do you or your staff spend more time in the car than the office? This Program is designed to minimise the impact of driving and travelling which as we know can really take its toll. Including real advice for choosing the best food and drink while on the road and how make travelling work for you not against you.

### LEE-ANNE WANN CONSULTANCY SERVICES

Lee-Anne is also excited to be able to offer a unique specialist consultancy service to the corporate sector. Having worked in the corporate world she understands first-hand the challenges, constraints and demands corporate work can place on people. Lee-Anne's bespoke consultancy services assist corporates on a number of levels;

- Providing inspirational and educational content for intranet use, newsletters, and health and wellness packages.
- Helping corporates grow existing workplace health and wellness programs.
- Assisting and advising in the development of health and wellness events or services for employees.

### WHAT ARE CORPORATE CLIENTS SAYING?

**Carl Carrington**

**GM New Zealand at Sheppard Industries/  
Avanti Bicycle Company**

*"Lee-Anne is highly professional whether it is operating in corporate environment, fitness training or public speaking. She combines high learning agility with incredible work ethic and drive for results. Tells it like it is. Anyone thinking of engaging Lee-Anne for fitness or nutritional coaching or public speaking can do so confident that they are hiring one of the best."*

### EMPLOYEES SAID:

*"Lee-Anne was an outstanding presenter and kept everyone listening and involved. Her knowledge and examples had the company talking about it all afternoon!"*

*"Lee-Anne was very down to earth and happy to answer all the questions, she was funny as hell too!" Best seminar I have been to so far, I just wish it was longer!*