

Trainer Biography

Lee-Anne Wann

Lee-Anne's passion for the business of health has seen her make a personal journey from her previous career in international sales and marketing to now being the face of motivation and health in Australasia. Lee-Anne is a business graduate, is fluent in Japanese and has extensive accreditations in health and fitness.

- AFPA Certified Personal Trainer
- CHEK Exercise Coach
- New Zealand REPS Registered Personal Trainer
- Net Fit New Zealand Certified Fitness Leader & Instructor
- Sports Nutritionist
- Poliquin Biosignature Practitioner
- ACE Posture Analysis Specialist

With additional certifications in:

- Special Population Training (AFPA)
- Youth Training (AFPA)
- Functional Integrated Training (AFPA)
- Core Strength Development (AFPA)
- Flexibility Training (AFPA)
- Assessing Core Function (C.H.E.K Institute)
- Advanced Strength Training (AFPA)
- Lower Extremity Injury Prevention (AFPA)
- Scientific Core Conditioning (C.H.E.K Institute)
- Scientific Back Conditioning (C.H.E.K Institute)
- Biomechanics & Metabolism (AFPA)
- Program Design (C.H.E.K Institute)
- Non-Traditional Strength Training (AFPA)
- Nutrition (ACE)

Lee-Anne stands for honesty and uncomplicated approaches to life's challenges. She is an evangelist for empowerment, simplicity, getting the basics right and real world effectiveness and efficiency.

Lee-Anne offers infectious energy and an enthusiastic communication style, and in addition to working with hundreds of clients in New Zealand, Australia, Dubai and the UK, is a fitness columnist for NZ 'Woman's Day' magazine, The New Zealand Herald and many other publications. She is a regular speaker at seminars and corporate functions on motivation, real life fitness, productivity in the work place and other health orientated topics. Lee-Anne is a published Health and fitness author and is also presenter and personal trainer for TV3 and Discovery Channel's ongoing series 'Downsize Me'. Lee-Anne's interests also extend to charitable work in the area of health promotion and regularly visits children at schools and sports events.



Career Highlights

2011 – Author 'No Fuss Fitness' Fitness & Health Book Published by Penguin

2009 – Author 'Downsize You 2' – Fitness & Nutrition Book - Published by Penguin

2008 – TV Presenter / Trainer for TV3's 'Downsize Me' Series 3

2007 - Current – NZ Woman's Day Fitness Editor

2007 – Author 'Downsize You' – Fitness & Nutrition Book - Published by Penguin

2007 – 2nd Place NZFBB North Island Body Building Championships

2006 - TV Presenter / Trainer for TV3's 'Downsize Me' Series 2

2005 – 1st Place at NZFBB North Island Body Building Championships

2005 - 3rd Place at NZFBB National Body Building Championships'

2005 - TV Presenter / Trainer for TV3's /Downsize Me' Series 1

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To empower, inspire & educate companies, organisations, communities and individuals towards better health, fitness and vitality.