



Michelle Bridges is one of Australia's most influential health and fitness experts, having helped Aussies lose well over 1 million kilos. As a professional trainer and group fitness instructor with over 20 years' experience, Michelle was a renowned industry figure before shooting to fame in 2007 on Channel Ten's hit reality show *The Biggest Loser* in which she starred in 9 series.

During this time she launched the highly successful, Michelle Bridges 12 Week Body Transformation online program, that not only focuses on fitness but also on people's mindset and more importantly, nutrition.

Michelle has published 11 bestselling books and her most recent book, *Food For Life* showcases how to eat for a sustainable healthy life. She has also created a hugely successful apparel, fitness equipment and kitchenware range and more recently developed a convenient healthy food range in Woolworths breaking all usual conventions for frozen meals in Australia.

Lisa Donaldson is an Accredited Practising Dietitian and Sports Nutritionist who followed her path to dietetics after being diagnosed with Coeliac Disease. Prior to that, Lisa was a highly regarded educator, teaching Primary School children for a decade.

Lisa is the Nutrition Lead for Michelle Bridges 12 Week Body Transformation Program, as well as a Private Practice Dietitian in Canberra. She is a presenter for Nutrition Australia and teaches Nutrition to Allied Health Assistants at the Canberra Institute of Technology.

Lisa writes Blogs for various publications and has been published in *Men's Health*, *Fitness First Magazine*, *InStyle*, *Cleo*, *Mother & Baby*, *Coles Magazine* and publications for *Arthritis Australia*.

Lisa also has a Cert III in Fitness and taught Group Fitness for ten years in gyms across the ACT. She is also a Mum so understands the demands of a busy household as well as the need for nourishing and simple meals!