

Dr Nigel Harris

Nigel is an Associate Professor at the Auckland University of Technology, researching and lecturing applied exercise science for health, in addition to being the Associate Dean Postgraduate Research, Faculty of Health and Environmental Sciences. Nigel brings a wealth of industry and education experience, having been the past chair of ExerciseNZ, and is keen to further contribute as the Chief Science Advisor to Exercise New Zealand.



Ish Cheyne

Ish is the Head of Fitness for the Les Mills senior leadership team. His positions of responsibility include the creation and implementation of the fitness strategy for personal training, group fitness and gym floor. Ish has a strong skillset in change management and operational strategy, and is known as a key influencer in the fitness industry. He is an accomplished communicator and keynote speaker and presents internationally in areas of leadership, fitness strategy, personal training and sales.



Kris Tynan

Kris is an independent consultant with over 30 year's industry experience in both the UK and NZ. She regularly presents at industry events and conferences, is the author of "The Interactive Instructor", and served as head judge for the ExerciseNZ awards. Her current interest is in exercise for common chronic conditions and within the community.



Nats Levi

Nats has many years of industry experience as an avid participant and exercise professional. A former secondary school teacher with a love of moving to music, her entry into the industry was through group fitness. She was awarded 'NZ Group Exercise Instructor of the Year' in 2014. With experience in many facets from management to personal training, her latest foray is as a 'gym opener', professional speaker, and a health coach through her online business. She has worked in big companies such as Les Mills, through to small resort based gyms. She places high value on connection.



Eana Young

With over 20 years experience in the fitness industry, Eana has transferred expertise into her role as Active Recreation Team Leader for Sport Hawke's Bay for over 15 years. Her key role has been to increase sustained recreational opportunities through the facilitation of stakeholder collaboration, programme delivery and marketing/promotion strategies. Working with her team, Eana is driven to inspire their community to engage in greater levels of physical activity with a specialisation in older adults and open water swimming.



Richard Ellis

Rich joined the industry in 2008 after the career in retail management in the UK and NZ. He came to the conclusion that he was not doing what he loved so made the transition into the health and fitness industry - and he hasn't looked back!" Rich works with individuals and companies who want healthier lives. His holistic approach means he looks at both internal and external health. These allow windows into understanding a person's complete health. Often these harder to measure aspects of health make the difference to people's success.



Sophie Mills

Sophie has been in the fitness industry for almost 20 years, starting as a personal trainer before setting up her own gym, then moved into the education sector of the industry with several of NZ's largest providers (NZIHF, NZCF, AUT). She has also been involved in the recruitment sector of our industry so she has a strong understanding of both the education and business side of being in this industry. Having spent over 10 years on the Board of Exercise New Zealand Sophie's focus and passion is on the quality and professionalism of our industry, and the sustainable growth of an industry that is evolving, and supporting the industry to deliver within their businesses and to the NZ population.

