

# TORY TREWITT

bio

## EXERCISE PHYSIOLOGIST

Owner / Operator of trewhealth Management  
Corporate Health Management Business and  
Personal Training Company Established in 1999  
Based in Melbourne, Albert Park, Australia

## VALUE PERSONAL IMPROVEMENT AND PERSONAL GROWTH

Qualified and extremely passionate in motivating clients to meet their physical limits and achieve their personal and professional goals through exercise and personal conditioning.

Experienced in public speaking with the objective to motivate and assist people to lead a healthy and balanced lifestyle. Engaged by corporate companies to motivate teams to challenge their personal boundaries through physical discomfort and mental disassociation.

## EDUCATION AND PROFESSIONAL TRAINING

15 years Health & Fitness Industry experience  
Bachelor of Applied Science Human Movement  
Graduate Diploma in Exercise Rehabilitation  
Sports Science Scholarship Victorian Institute of Sport 1998  
Senior Physiologist BUPA (UK)

## PERSONAL ACHIEVEMENTS AND PHYSICAL MENTAL CHALLENGES

- 1999 - 2007 Completed 14 1/2 Marathons
- 2003, 2004, 2006, 2008 Melbourne Marathon
- 2004 Sydney Marathon
- 2004 Bruny Island Ultra Marathon - 65km
- 2007 and 2010 Hobart Marathon
- 2007 & 2008 50km Maroondah Dam
- 2007, 2008, 2009 & 2010 Frankston to Portsea 55km
- 2007 Williamstown Marathon
- 2007 Mark Webber Challenge (deleted info in brackets)
- 2007, 2008 & 2009 Lorne - Apollo bay 45km
- 2007, 2008 & 2010 Comrades 89km Ultra marathon, South Africa
- 2008 Canberra Marathon
- 2008 100km Tan Ultra
- \* 2009 Gold Coast 50km

## AREAS OF EXPERTISE

Elite sportspeople and sporting teams, TV and media personalities as well as high net worth individuals.

### Corporate training and fitness

- Computershare Facility Management - 1200 staff
- Facilitate the Collingwood Football Club Wellness Program
- Cambridge Integrated Services
- Austereo
- ANZ Bank
- Mollini Bags
- Becton
- Asian Pacific Building Corporation
- VicRoads - 400 employees
- Lexus Australia
- Melbourne Aquarium
- m + k Lawyers
- Border Express
- FIB / Futurer Bags
- Parkview Hotel
- DkO architecture
- Tennis Australia

