

# Sam Wood

## *Health & Fitness expert, Keynote Speaker*

Sam Wood is a successful personal trainer and business owner. Sam shot to fame starring as the *Australian Bachelor* in 2015 but is better known these days as the health, fitness & family guy. Sam Wood is one of Australia's leading health & fitness experts with 20 years experience in the fitness industry. Sam's keynote presentations focus on motivation, health and wellness.

As the founder of Australia's fastest growing online training and nutrition program, 28 by Sam Wood, Sam has had a positive impact on over 200,000 people around the world. The reason for this success is Sam's ability to relate. He keeps things simple and is able to explain what works and just as importantly, what doesn't.



## **More about Sam Wood:**

From a humble fitness instructor at his university gym during his Exercise Science degree transitioning to personal trainer and now, successful business owner. Spanning two decades, Sam has done it all. Sam launched Gecko Sports, Australia's first ever kids gym, back in 2007 and grew it to 30 franchises. Today, Sam is the proud owner of The Woodshed (Australia's largest personal training studio), the face and founder of 28 by Sam Wood and celebrity trainer and regular media commentator.

Sam is also the author of two best selling books '*28 by Sam Wood*' and '*7 Minutes to Better Health*'. He is a well-respected contributor to a number of Australian print and digital media. He is the health and fitness expert for leading premium lifestyle magazine *Domain Review* and contributes regularly to a number of online publications covering business, fitness and fatherhood.

Above all, Sam is a proud family man. He and his wife Snezana (who he met on *The Bachelor*), recently welcomed their third daughter.

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