

Shannan Ponton

Fitness Training and Mentor for The Biggest Loser, Keynote Speaker

Shannan Ponton is an iconic Aussie guy who loves the beach and the bush - in fact he sees the entire terrain as one big gym. During a career spanning more than 25 years in the fitness industry, he has built extensive experience and knowledge in the areas of exercise, fitness, nutrition, health, people management and the media.

Always motivated to find ways to make fitness fresh and interesting, Shannan has developed and delivered innovative personal training, fitness, motivational and general life solutions to many individuals, companies and teams, at a state, national and international level. By gaining trust, he gets the most from people - driving them harder than they could ever have imagined.

In demand as a corporate speaker, he has conducted training sessions and workshops for companies such as MBF, Abbott Nutrition, ASICS, West Farmers and Coles to name a few. Shannan is a proud Ambassador for charity organisations McGrath Foundation, Cancer Council Australia and Canteen.

More about Shannan Ponton:

Shannan Ponton trains the same way he lives his life - with respect, integrity, physical and mental discipline as well as strength in mind and body.

With a commitment to developing approaches that gain maximum results, he is known to incorporate a diverse array of techniques into his training programs such as boxing, kickboxing, spin, swimming, martial arts, circuit and weight training. One of these methods called The Crunch Challenge was turned into a fitness show for Foxtel.

In 2010 Shannan joined Ten Network's highest rating show, *The Biggest Loser* as fitness trainer and mentor. In 2016 he returned to Series 11 of *The Biggest Loser- Transformed* and since then has appeared on *The Living Room*, *Studio Ten*, and he has spent time as a co-host of *SEA FK* on the Gold Coast.

Outside of his work commitments Shannan can be found catching waves at his local beach in



Sydney or in Bali – his favourite indulgence.

Client testimonials

“ Shannan was a pleasure to work with at our recent Jump Start Event 2015. We engaged Shannan to deliver on our Mind, Body & Soul theme and he delivered right on topic. Shannan has a great presence about him and was very engaging with the audience and approachable. His team worked closely with us ensuring a smooth presentation. We would thoroughly recommend Shannan.

- **Realmark WA**

“ Shannan is an exceptional public speaker and after quizzing me in the short time we had before he was due on, adapted his presentation to suit the audience and what we are trying to accomplish here with our weight loss challenge and the challenges that residents face being in such an isolated location ... Shannan’s upbeat nature and passion for health and fitness showed through every word and residents left inspired not only to continue on with their weight loss journey but also to have a more positive outlook and to quote the man himself, “not sweat the small stuff.

- **ESS Barrow Island**

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