

Lisa Curry OAM

Triple Olympian, Health and Fitness Expert

Lisa Curry is one of Australia's most popular icons whose celebrated achievements are many and varied. She's a triple Olympian, successful businesswoman, motivational speaker, international award-winning coach, personal trainer, author, media personality, defibrillator recipient and mother. Lisa has five online weight loss and fitness programs and a hormonal imbalance educational website.

Lisa Curry has been awarded an MBE and OAM for services to sport and community, and an AO for lifting the values of what it means to be an Australian through her role as Chairman of the National Australia Day Council.

One of Australia's most sought-after speakers, Lisa motivates and inspires audiences of all ages and from all walks of life to live life with optimum wellbeing, passion, commitment and drive.

More about Lisa Curry:

Lisa Curry is best known for a long and successful swimming career spanning an awe-inspiring 23 years and which saw her ranked in the top 25 swimmers in the world. She competed in three Olympic Games, two World Championships and three Commonwealth Games. Lisa held Australian and Commonwealth records in every stroke (except backstroke) from 50 - 400mtrs. The first swimmer to represent Australia at Commonwealth and Olympic Games as a mother, at the age of 30 and with two small children, Lisa swam the fastest ever at the 1992 Barcelona Olympics - feat she rates as the highlight of her career.

When Lisa returned to elite sport after a long break she coached and competed with her outrigger team, the Riggeroos, to win four World Championships in the 72km Outrigger Canoe race in Hawaii; the first Australian team to do so in the history of the race. She was also the first Australian ever to win the Hawaiian Molokai - Oahu 66km solo race.

Lisa is dedicated to assisting in the reversal of childhood and adult obesity and lowering the prevalence of Heart Disease. For this cause, she completed a 50,000km road trip that covered 100 regional towns of Australia, running boot camps and workshops, speaking and working with people of all ages - from young children to those living in aged care.



For over 25 years, Lisa Curry was a TV presenter and brand ambassador for several well-known Australian companies working with staff, clients and the general public to promote a healthy lifestyle. Her 23-year association with Uncle Tobys is still one of the longest and memorable associations ever between a company and athlete.

Lisa Curry has published six books on health and fitness, and held the position of Chairman of the National Australia Day Council from 2000 to 2008. Appointed by former Prime Minister John Howard, she was the first woman to ever hold this prestigious position. She was also on the Advisory Board of Council for the Encouragement of Philanthropy in Australia and an Ambassador to the Office of the Status of Women - Honouring Women program.

Lisa Curry talks about:

Drawing on a lifetime of experiences, Lisa Curry talks about her career as an elite athlete and coach, a working mum, wife, author, public personality and a fitness and health advocate.

Stressing the importance of physical and mental health and fitness for effective life management, she talks about maintaining a balance in both personal and professional life to help maximise achievements and increase productivity.

Client testimonials

“ An excellent presentation which covered a number of topics. I found it motivational and relevant to work, family, social and sport.

- ***Wincombe Carson***

“ Superb! Lisa is great. Very interesting and fast paced. Excellent. An inspiring motivational speaker. A lesson for everyone.

- ***CPA Australia***

“ The audience loved Lisa. I have had a huge amount of feedback from staff and customers commenting that Lisa is inspiring, exciting and motivating. They and I really enjoyed listening to Lisa's presentation.

- ***Snap Printing***

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