

Presenters' Bios

John Hardy

John has been involved in the fitness industry since 1994. During which time, he has worked for the UK's leading fitness organizations, including health and fitness manager for David Lloyd leisure in Derby, and Business Development Manager for Premier Training International. In these roles he has successfully generated new business and revenue. John holds a BA Hons in Sports and Fitness Coaching from Luton University, and an MSc in Injury Prevention and Performance Enhancement from California University, Pennsylvania. Furthermore, he has written articles and presented for a number of industry organizations, including Fit Pro, Register of Exercise Professionals, Personal Training on the Net, Multitrax and several large health Club chains in the UK.

Darren Bradley

Darren has been in the Health and Fitness industry for almost 17 years, gaining a wealth of experience as a Personal Trainer, Fitness Manager and National standard Tutor. He has presented for the Holmes Place Academy and tutor for the UK Fitness Industry in general, covering all aspects exercise physiology. His last two years have been spent as Training & Education Manager for Power Plate UK, and International Master Trainer for Power Plate International, writing and delivering unique programs for a range of individuals, from Olympic athletic champions to people with debilitating disease. He has certifications from the National Strength & Conditioning Association (NSCA), American College of Sports Medicine (ACSM) and National Academy of Sports Medicine (NASM). His most recent interests in the holistic approach to health and fitness have led Darren to study an MSc in Exercise and Behavioural Medicine, taking the very best from Health Behaviour Change techniques in order to improve adherence and retention to exercise with particular focus on the Health Club and Personal Training market.

David Parker

David has been involved in the fitness industry since 1995. During which time he has worked for a number of organizations, including Programme Manager for Fitness at Premier Training International. In this role David was responsible for the development and implementation of Premier's nationally accredited courses. He is also an experience and inspirational educator who is able to deliver complex material in an easy to understand manner. David has a passion for human movement and applies the principles of function to conditioning sports teams and individuals. Furthermore, he has presented for a number of organisations, including Fit Pro and multitrax. David is currently Programme Manager for the Fitness Academy at Swindon College, developing the nationally recognized education programme there.