

Dean Hodgkin BSc, PEA Cert

Fitness & Weight Loss Expert

Health & Fitness Writer

A truly international fitness ambassador, having appeared at both consumer and trade events in 36 countries, Dean collected the **Best International Fitness Presenter** and **Career Achievement** awards at the glittering 'One Body One World' ceremony, in Times Square, New York. He is renowned for offering an incredibly wide range of themed master classes and workshops, from mind-body through to dance through to many forms of conditioning.....and even juggling!

An established writer, his articles have been published in The Times, Sunday Times, Daily Express, FHM, Men's Health, GQ, Esquire, Zest, Health & Fitness, Slimming and Women's Health. Dean has a number of broadcast credits to his name, including fitness expert on the Terry Wogan show, anchor on Granada Lifetime, SHOP and Gym TV, a regular slot on Saga Radio, co-hosting a US infomercial and presenting corporate DVDs. He has acted as a consultant to Whitbread, Marks & Spencer, Reebok, RAC, David Lloyd Leisure, Norwich Union Healthcare, Sue Ryder, Remington and NIKE. Former 3-times world karate champion, he is now Senior Manager at Ragdale Hall, voted **European Destination Spa 2007**. Dean is also a NEBOSH qualified health and safety consultant with an impressive array of both academic and trade qualifications.