

# Charlie Dean Exercise Consultancy Manager

## Credentials

Bachelor of Sport and Leisure Studies (BLS)

Bachelor of Social Sciences (BsocSc Honours)

Post Graduate Diploma in Teaching (GradDipT)

Charlie has always had a passion for sport and exercise, playing representative tennis in both junior and senior ranks for Waikato. Maintaining a strong interest in physical activity and its benefits led Charlie to pursue a career in the health and fitness industry. After working as a fitness instructor for many years Charlie then worked as a personal trainer at Les Mills.

Charlie has a special interest in endurance events and ultra endurance events. He has worked with runners, cyclists and ironman competitors.

Charlie has a strong interest in resistance training and nutritional profiling for sport and fat loss.