



## New show gives Melburnians a health check

Media release

February 2010

Melbourne's first health-busting expo, the Healthy Food and Lifestyle Show, launches this April, bringing an injection of healthy eating and active lifestyle advice to kick start visitors after the decadent Easter period.

Running from Friday 9<sup>th</sup> – Sunday 11<sup>th</sup> April at Melbourne Exhibition Centre, the three-day show will cover everything from delicious healthy food tastings, mouth-watering cooking demonstrations, eating plans, nutritional advice, fitness programs and general health tips – all presented by a high-profile line-up of industry experts and personalities.

Whether you're wanting to sample delicious foods that are as good for you as they taste, try your hand at Zumba or learn how to rustle up a healthy meal in minutes at the food workshop, the Healthy Food and Lifestyle Show brings practical advice to those interested in taking the next step to a healthier existence.

Leading experts will be on hand to provide advice, educate and inspire visitors of all ages (and levels of wellbeing) to embrace a healthy lifestyle and a nutritious diet, reduce the risk of heart disease, diabetes, high blood pressure, high cholesterol and many other lifestyle related diseases.

Exclusively devoted to showcasing healthy food and activity options, the exhibition will give visitors the opportunity to taste, try and buy gluten free, organic, low fat, low sugar and low salt foods.

### Show highlights include:

*An array of delicious nutritious food* – free samples of the latest yummy healthy products on the market from more than 100 exhibitors.

*Healthy Food Workshops* – gain hands-on experience utilising fresh produce from the garden to the dinner plate in these intimate workshops.

*Live Gourmet Cooking* - chefs and restaurateurs conducting free gourmet cooking classes using original healthy cooking methods and recipes.

*Wellness Seminar Stage* - free seminars featuring high profile speakers covering the hottest topics in healthy food, weight loss and fitness.

*Farmers Market* – fresh local produce available for purchase.

*Activity Zone* - continuous free demonstrations and classes including Zumba, weight training, pilates, NetSetGo, dancing and yoga.

*Vitasoy Author's Café* - A place to relax over a cup of organic coffee or juice while listening to the latest book reviews from leading healthy food and wellbeing authors.

*Express Health Check* - Take advantage of free diabetes risk assessment, cholesterol testing, and blood pressure and bone density readings.

## Experts appearing at the show include:



Media personality and nutritionist, [Lola Berry](#) will be presenting every day at the Healthy Food Workshops. Sharing her nutritional tips from the cooking stage, superfoods, mood foods and more. Lola will be spreading the word in her humorous style about secret delicious ingredients, wholesome, nutritious meals that will keep stomachs full and be friendly to the waistline.

'You are what you eat' is [Dr Damian Kristof](#)'s mantra as is encouraging Australians to eat at least 80% of the 'good stuff' everyday! A lifestyle coach to thousands around the globe, Damien will be appearing at the cooking stage, Vitasoy Author's Café and the wellness seminar stage sharing clever tips for effective weight-loss and simple lifestyle changes that can be adopted no matter how hectic your lifestyle.



Other experts presenting at the three-day health-fest include:

- **John Tickell** and **Jane Kennedy** will present their healthy eating tips from the Vitasoy Authors Café plus book signings.
- The team from **Tassal Quick & Healthy Tasmanian Salmon** who will be presenting the best recipes for nature's beauty food.
- Author of eight cookbooks, **Brigid Treloar** who will be presenting healthy and delicious Jalna yoghurt recipes.
- **John-Paul Collins** (Australia's Dancing with the Stars) from Dance Dynamics Australia, who will be hosting Latin-inspired dance-fitness **Zumba** classes
- **Adro Sarnelli**, inaugural winner of *The Biggest Loser*, who will be inspiring show visitors with his tales of how to lose weight and keep it off.
- Josie Feingold from Puzzle Dust Circus who will be leading sessions in 30 minute **Hoola Hoop Dance** workshops.
- San Remo **NetSetGO!**, Netball Australia's junior netball program who will be holding demonstrations.

<b>WHAT:</b>	<b>Healthy Food and Lifestyle Show</b>
<b>WHEN:</b>	Friday 9 April – Sunday 11 April 2010
<b>OPENING TIMES:</b>	Open 10am – 6pm daily
<b>WHERE:</b>	Melbourne Exhibition Centre, Southbank
<b>TICKETS:</b>	Adult: \$18 Concession: \$15 <b>Children free</b>
<b>WEB:</b>	<a href="http://www.healthyfoodshow.net.au">http://www.healthyfoodshow.net.au</a>

For further information, images or to set-up interviews with any show experts, please contact:

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