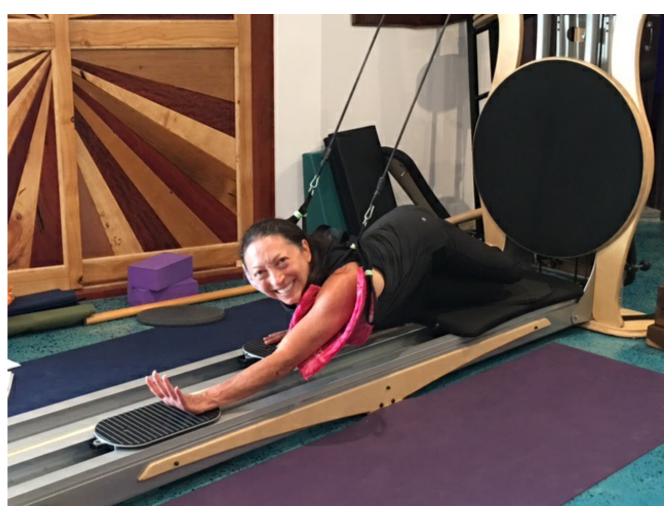
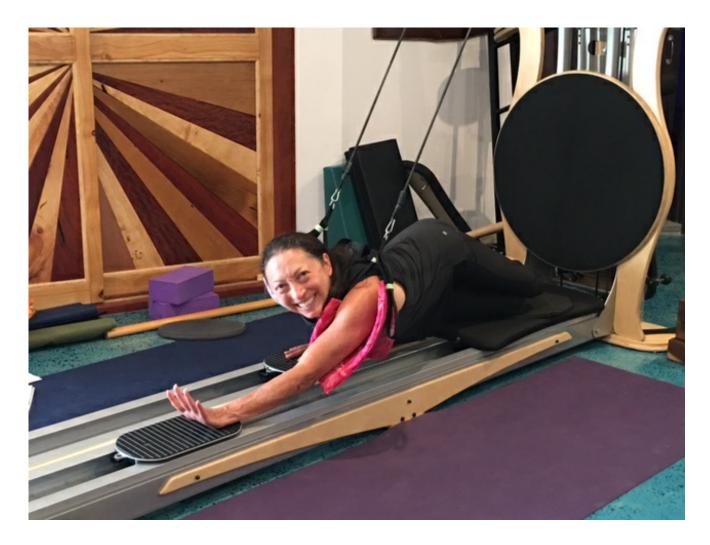
# This Exercise Physiologist believes that "Passion ignites passion"

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I am an accredited exercise physiologist and an International Specialized Master trainer for GYROTONIC® & GYROKINESIS® methods. I am the owner/director of GYROTONIC® Melbourne and Energy Kinetics Instructor Training. I love the fact that I can help people of all ages discover a different way to move, feel younger, stronger, more flexible and improve their overall well being while having fun.





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# What is it that you love about it?

I love movement and teaching. I love the fact that I can help people of all ages discover a different way to move, feel younger, stronger, more flexible. and improve their overall well-being while having fun.

#### How did you find/start this business?

I always loved working out and movement. I was a gymnast as a kid and my mother was a professional dancer with a professional children's dance school. I started Pilates in my 20's and then progressed to the GYROTONIC® method in my 40's. It was a passion and a love turned into my business. Along with the fact that I had very large staffs in the past and enjoyed training them the training business came into existence to train instructors.

Tell us a bit about where you started in your working life and how you came to be in the business now that you love.

I started in fashion in 1978, had a great 25-year career, I have a BS in applied sciences then completed a grad dip

here in Australia in exercise science rehabilitation in 2011 and became accredited as an exercise physiologist in 2012. I have trained for the past 35 years in Pilates, and was trained in the GYROTONIC® and GYROKINESIS® methods by the founder of the method Juliu Horvath, being one of the few first generation Master Trainers teaching his methods.

## What is it you love most?

Igniting the passion in my clients and students and watching the change in their bodies and lives.

## How does this ignite your passion?

Passion ignites passion!

# What does this job/career/business give you that others haven't?

I have been lucky I loved both of my careers though they are very different. This one is more personally rewarding, where the other was more monetarily rewarding.

## How does this business work for you?

It keeps me moving and improving as well as igniting the love of movement in my clients and students.

#### Dana Rader

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