

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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