



WESLEY WOOD

I have a very extensive background of sports, health and fitness. Being a true blue Australian bloke I played and competed in many sports including professional basketball, cross country running, triathlons, BMX, downhill mountain biking, rugby football and ,of course, cricket. Always having that drive to do the best I possibly can, I pursued a career within the Australian Army Infantry Corps. I enlisted for eights years and over that time I reached the rank of corporal. In 2006 I deployed to Iraq and commanded soldiers conducting security operations with British forces. Whilst my time there I was involved in combat numerous times and was awarded a Distinguish Service Medal for courage and leadership in action. I was a company fitness leader within my battalion where I maintained daily fitness of the soldiers and instructed unarmed combat training. I have extended knowledge of the importance of nutrition and body fat management, and the types of foods needed for survival and performance. After discharging from the army I needed a career that would challenge me physically and employ my leadership abilities. Personal training has given me this opportunity. I trained clients in Australia with great success and look forward to new challenges here in



Awards: Distinguished Service Medal
In Recognition of Courage and Leadership in Action
Australian Day Medallion
Outstanding Leadership as Section Commander
Papua New Guinea Volunteer Rifles Trophy
For Excellency in Infantry Soldiering Skills

Education:
Certificate III in Fitness (Fitness Leader)
Certificate IV in Fitness (Personal Trainer)
Level O in Coaching (Australian Football)
Level 1 in Coaching (Basketball)
CPR First aid (St John's Ambulance)
Certificate III in Outdoor Recreation (Outdoor Adventure)
PADI Scuba diving (Open water, Advance & Rescue)
Company Fitness Leader (Military)
Unarmed Combat Instructor (Military)
First Aid Instructor (Military)

Favorite sports stars:

Hockey – Dany Heatley & Jason Spezza

Basketball – Michael Jordan & Le Bron James

UFC – Georges “Rush” St Pierre & Chuck “Iceman” Liddell