



MEL TEMPEST

ABOUT MEL TEMPEST

Mel Tempest has a global reputation for being unapologetically passionate, highly innovative, and extremely generous in her knowledge-sharing. Mel also prides herself on being an early adopter. In fact, her health club Ballarat Body & Soul, which was established in 2003, was one of the first independent health clubs to introduce the Australian gym-goers to the following:

- ▶ Netpulse in-club app
- ▶ Wexer virtual reality group fitness
- ▶ Les Mills virtual reality RPM classes
- ▶ MYZONE's wearable heart rate system.

Since 2003, Mel has been a member of various fitness industry associations and industry roundtables in Australia and overseas.

Mel's mission is to provide resources and support for new and emerging individuals and businesses within the fitness industry. She is passionately committed to creating opportunities and generating choices for fitness professionals and club owners alike, to help them achieve success in their own ventures.

Mel's expertise lies in educating people about how to successfully adopt change, apply trends and operate with resilience. Her steadfast goal is to make the industry more accountable for its actions and to continually challenge the status quo.

Mel's proven results are attributed to her "no bull" approach, which is founded in honesty, empathy and innovation.

Fitness industry icon, Thomas Plummer says, *"Mel represents the best of what a person can be in the fitness industry. Many people would think she might be the worst business coach ever since most of the help she gives is free. There are many talented women in this industry today, but few with the longevity and experience of Mel Tempest. She has dedicated her life to the fitness industry, and world around her is better because of her dedication and love for the business and the people in it."*

MEL'S MILESTONES

- 2003** Opened Ballarat Body & Soul Health Club in a church hall
- 2005** Opened Australia's first men's only gym, which gained approval from the Equal Opportunity Board and the Human Rights Commission
- 2008** Purchased the building in which Ballarat Body & Soul Health Club resided
- 2008 - 2013** Group Fitness Presenter at Radical Fitness Summits in South America, Paris, Athens, Tokyo and New Zealand
- 2011- 2013** Sub-Franchisor for Radical Fitness Group Fitness Programs
- 2012** Trademarked and implemented HIIT
- 2013** Diagnosed with benign brain tumor
- 2014** Panel member at FILEX Regional Forum for Health Club Owners
- 2015** Presenter at IHRSA Ignite in Los Angeles, USA
- 2015** Graduated from Thomas Plummer Speaker School
- 2016** Published autobiography: From Surviving To Thriving
- 2016** Graduated from Thomas Plummer Social Media School
- 2016** Graduated from Thomas Plummer Business Masters Workshop
- 2016** Named Ambassador for Brain Tumour Alliance Australia
- 2016** Founded the Gym Owners Business Network
- 2017** Panel Member at FILEX Business Breakfast
- 2017** Executive Member of WIFA (Women in Fitness Association)
- 2017** Founded and begun hosting the Gym Owner's Business Podcast
- 2017** Presenter at IHRSA Ignite in Los Angeles, USA
- 2017** Currently managing more than 25 social media platforms in the fitness industry
- 2017** Ballarat Body & Soul remains the largest independent health club, despite it being one of among 70 operating in the local area
- 2017** First ever Australian to be awarded the John McCarthy Merit Scholarship from the IHRSA Institute Of America
- 2017** Smart Company #Smart50 Top 5 Regional Nominee
- 2017** Launched Australia's first digital podcast E Book publication
- 2018** Opened a business within a business 'HNR'
- 2018** Recognised By Thomas Plummer "one of the most innovative thought-leaders in the global fitness industry."



CONNECT WITH MEL

- Web:** www.meltempest.net
- iTunes podcast** the-gym-owners-business-podcast/id1246626259
- Facebook:** [@fitnessbusinessinfluencer](https://www.facebook.com/fitnessbusinessinfluencer)
- Facebook group:** [@groups/GymOwner](https://www.facebook.com/groups/GymOwner)
- Twitter:** [@FitnessGroupX](https://twitter.com/FitnessGroupX)
- Instagram:** [@mel_tempest](https://www.instagram.com/mel_tempest)
- Email:** mel@meltempest.net

