DAV LINDSAY

integrated health & vitality



For over 15 years David has been a full time personal trainer and has changed the lives of 10s of thousands of lives throughout the world.

He has been obsessed about changing the way we view health and vitality through the disruption of how we see the links between fitness and workplace productivity, today. He has dedicated his life to living the healthy lifestyle, and truly believes that anyone can transform themselves through learning his unique system towards improving their vitality.

From training first grade footballers, Olympians, to the everyday person, David believes that true fulfillment of career, business and life starts with ones own health. His research and experience has taken him around the world searching for trends of what it takes to live a true life of vitality.

David has now produced a proven formula for any team, business or individual to find and live a life of true vitality. David believes in sharing the knowledge he has amassed throughout his years in the fitness industry from the various different sports, coaches and trainers he has come across throughout his life.

Today, David is a successful wellbeing expert, keynote speaker, author and award winning coach, and all round good guy. He is married with one daughter and travels from Sydney Australia.



LEARN HOW TO IMPROVE YOUR TEAMS VITALTY IN THE WORKPLACE

BOOK NOW

David is the perfect combination of tough and warm and always makes our sessions fun and full of variety.

- Louise Hanna
Operations Manager
(IT Services)
Parliament of NSW

"David Lindsay speaks with great passion, pride and enthusiasm. He is very interestion and has a wealth of knowledge and experience."

- Damian Griffiths
General Manager
Botany Cranes

Botany Cranes

SPEAKING TOPICS

BOOST YOUR VITALITY

For too long, we have had a band-aid approach addressing the link between performance and health and wellbeing. David focuses on a proactive and highly engaging presentation on how staff performance is directly linked to their health and wellbeing.

In this presentation, you will learn:

- The five steps towards improved vitality in the workplace.
- Practical ways to SNAP into high performance.
-How to create successful lasting actions.

- David inspires audiences to increase their level of vitality in the workplace.
- David shares his unique stories and and experiences to generate excitement.
- David brings energy and enthusiasm to his keynote speaking.
- David shares his five step formula to increase vitality, immediately.

"David is articulate, focused and passionate. He is also willing to go over and above wherever possible...the ultimate professional!

- Paul McNicholas
Game Development Officer
NRL

THE BODYWEIGHT BLUEPRINT

In this workshop, attendees will learn how to increase their energy and focus by utilising their current surroundings for immediate results.

In spired to take action in your immediate location, this workshop will give you the tools and teach you how being fit and healthy is cheap, easy and achieveable.

In this workshop, David will teach you:

- The 5 second way to positively change your state.
- To understand the true meaning of fitness.
- How to apply the Bodyweight Blueprint, anywhere, anytime.

CONNECT WITH DAVID

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