

Guy Leech

Former Australian Ironman Surf Lifesaving Champion & Wellbeing & Fitness Advocate

From Ironman to wellbeing & fitness advocate, Guy mentors, runs health and wellness events, provides a range of longevity programs specifically designed for the over 50's and presents a range of podcasts with industry experts to ensure every Australian is well equipped to live their best lives. Maximizing Healthspan and Longevity - Discover the Keys to a Longer, Healthier Life with Guy Leech.



More about Guy Leech:

Guy Leech reigned supreme in longer Ironman races throughout his 15-year career, maintaining an unbeaten record in events lasting more than 2 hours—an unparalleled achievement in Ironman history.

In 1984, amidst 120,000 spectators on a sweltering day at the Gold Coast, a young Manly athlete defied the odds to etch his name into Australia's sporting annals by winning the inaugural Coolangatta Gold.

This first professional Ironman race, inspired by a film of the same name, traced the Gold Coast shoreline from Surfers Paradise to Coolangatta and back, spanning 46km. One hundred of the world's fittest surf athletes vied for the chance to make history and claim \$20,000 worth of gold bullion.

Guy also clinched the World Ironman Championships in Vancouver, Canada, in 1986 and triumphed in the World Ocean Paddling Championship in Hawaii in 1994. In 2006, Guy emerged victorious in Australian Celebrity Survivor Vanuatu, the second edition of Australian Survivor.

Upon retiring in 1996, Guy's passion for fitness became his new focus. Over the next 15 years, he built a business centered around his name and lifestyle, leading to his branded clothing range

being sold in department stores across Australia and his signature sporting equipment being featured in top outdoor retail stores like Anaconda.

Simultaneously, Guy began training some of the world's most renowned figures. International superstars, including Madonna and George Clooney, sought Guy's expertise for high performance and physical transformation.

During this period, he also worked with athletes such as 7-time World Surfing Champion Layne Beachley and Olympic Gold Medalist Kerri Pottharst, helping them achieve their goals.

This period reinforced his belief in the winning formula he learned years ago in the pool. Guy played a pivotal role in five of Layne's seven world title victories.

Since turning 60 in 2024, Guy has remained passionate about sharing his insights into longevity and helping people achieve the longest healthspan possible for a long and happy life.

Over the last decade, Guy has become a leading figure in health and fitness, setting four Guinness World Records through events that unite communities for exercise and charity.

His initiatives include hosting the largest fitness circuit class in Melbourne, which attracted over 2,000 participants and showcased his ability to inspire mass participation and foster unity around wellness.

A standout event was a core strength class that gained significant attention with Arnold Schwarzenegger's participation, adding star power and underscoring the importance of fitness across various sectors of society.

Guy also set records with the largest resistance band class and a boxing fitness event, demonstrating that fitness can be accessible and enjoyable for all skill levels.

These events were not just about setting records; they were opportunities to raise funds for causes like The Melanoma Institute, showcasing Guy's commitment to community welfare and the power of fitness to bring about positive change.

Through these initiatives, Guy aimed to build a healthier nation, using fitness as a platform for philanthropy, social connection, and personal well-being.

Following the tragic death of one of his best friends, Guy channeled his energy into making a difference for those suffering from heart attacks. In 2016, former Channel Nine sports commentator Charles Stewart (known as "Chucky") suffered a heart incident at the end of a class. Guy instinctively began CPR while others called 000. It took ten minutes for the ambulance to arrive, and they quickly took over, transporting Chucky to the hospital. Chucky fought for his life in the hospital but passed away three days later. In the weeks that followed, Guy learned that if he had had a life-saving defibrillator on hand, Chucky would have had more than a 70% chance of surviving.

Once he came to grips with losing one of his closest friends, Guy dedicated his life to heart health and saving lives. He launched Heart180 in 2017, a national defibrillator company that educates and distributes the world's leading defibrillators.

Heart180 is now the no.1 distributor in Australia supplying thousands of these life-saving devices to the community. One of their devices saves a life every 6 weeks.

Guy Leech's profile as a highly sought-after corporate speaker in Australia, especially in the domains of health and longevity, motivation, and high performance, showcases his expertise in delivering impactful and engaging content to a wide array of audiences.

His approach to creating unique team-building events further emphasizes his ability to connect with participants on various levels, making the experience both enjoyable and enriching. Working with prominent companies such as Microsoft, Commonwealth Bank, Telstra, Intel, NAB, and Singapore Airlines highlights his adaptability and the broad appeal of his message across different industry sectors.

Guy Leech talks about:

- High Performance & Wellbeing
- Longevity - Uncovering the Secrets Of Living A Longer & Healthier Life
- Drawn from Guy's Longevity Lounge podcast with experts in longevity and chats with celebrities who have successfully navigated the aging process while staying fit and healthy.
- Leechy's Quest for Longevity is your guide to practical tips, expert insights, and inspiring stories on how to lead a more vibrant and enduring life. Guy explores the keys to longevity that goes beyond the dramatic, offering down-to-earth wisdom for a healthier and happier you.

Client testimonials

“ It was Guy's pillars of success that were a highlight of his talk. My sales team walked away motivated & inspired to go to the next level!

- **CEO - Intel Corporation**

“ Guy was SPECTACULARLY GOOD! Incredibly heartfelt, authentic, engaging and a really informative interview.

- **National Brand Manager - The Advantage**

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