

Paul Taylor

Exercise Physiologist, Nutritionist and Neuroscientist

Paul Taylor is a former British Royal Navy Aircrew Officer and former Research Professor at the University of San Francisco.

An Exercise Physiologist, Nutritionist and Neuroscientist who is currently completing a PhD in Applied Psychology, where he is developing and testing resilience strategies with the Australian Defence Science Technology Group.



A Podcast host, published Author and TV presenter through his program Body and Brain Overhaul, he was twice voted Australian Fitness Industry presenter of the year.

Paul has a proven track record in leadership, management and dealing in high-pressure situations, through his former roles as an Airborne Anti-submarine Warfare Officer and a Helicopter Search-And-Rescue Crew Member with the Royal Navy Fleet Air Arm and has undergone rigorous Combat Survival and Resistance-to-Interrogation Training.

Paul doesn't just talk about resilience - he lives it. In recent years he was successful in a professional boxing bout, became Australian Karate Champion and trekked deep into the Amazon Jungle where he performed a Matses Indian Rite of Passage involving ingesting frog poison!

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