

Dr Darren Morton

Educator, Author, Speaker, Lifestyle Medicine Expert

Darren is driven by a desire to inspire and equip others to live their best life.

Originally coming from an education background, Darren's keen interest in optimising human functioning lead him to complete a Masters and PhD degree in Human Physiology. His early research focused on the 'runner's stitch', of which he is considered the world expert, but over the past 20 years his research has focused on evidence-based strategies from the fields of Lifestyle Medicine, Positive Psychology and Neuroscience for enhancing mental health, wellbeing, and resilience.



Darren is the author of three books (*Seven Secrets For Feeling Fantastic*, *Live More Active* and *Live More Happy*) and has authored or co-authored over 70 publications in peer-reviewed scientific and medical journals. He has collaborated with leading health practitioners and researchers from multiple universities and health institutions around the world.

Darren's professional time is split between two main areas of focus. He is a part-time Professor and Director of the Lifestyle Medicine and Health Research Centre at Avondale University.

Darren is also the Founder & Owner of The Lift Project which is a profit for purpose enterprise with the mission to "lift 10 million lives" (i.e. lift the mood and lives of 10 million people around the globe).

In Darren's part-time role as Professor at Avondale University, he supervises several PhD students, and is on the editorial board of the American Journal of Lifestyle Medicine. Darren also teaches into the Master of Lifestyle Medicine course at Avondale University and teaches wellbeing-focused classes to undergraduate students.

Darren was one of four people selected worldwide to write the exam for International Certification in Lifestyle Medicine, he is a Certified Diplomate of the International Board of Lifestyle Medicine, and a Fellow of the Australasian Society of Lifestyle Medicine. In 2020, he was the recipient of the Australasian Society of Lifestyle Medicine's inaugural "Change Maker" award.

Professor Morton specialises in the creation of evidence-based lifestyle interventions. He is the creator of The Lift Project which began in 2006 with the publication of *Seven Secrets For Feeling Fantastic*. The Lift Project incorporates evidence-based strategies and simple, memorable frameworks from Lifestyle Medicine, Positive Psychology and Neuroscience to improve mental

health, wellbeing, and resilience. The Lift Project is now used in over 20 countries and is endorsed by peak organisations including the American College of Lifestyle Medicine.

Darren has also contributed expertise to other widely-used lifestyle inventions such as the Comprehensive Health Improvement Project (CHIP).

Darren has presented to hundreds of corporate, educational and community audiences around the world and is an invited speaker at international academic conferences. He has also been awarded a Citation for Outstanding Contributions to Student Learning in the Australian University sector.

In his spare time, Darren loves spending time with family and friends and being active and adventurous in the great outdoors hang gliding, kitesurfing, running, kayaking, mountain biking, swimming and camping.

Dr Darren Morton talks about:

The Five Secrets to Feeling Fantastic - The Limbic System is the part of the brain responsible for our emotions, as well as our drives, memory and fundamental aspects of our health. A fun and dynamic presentation teaching individuals how to be hard-wired for health, happiness and peak performance.

Client testimonials

“ Darren’s presentations combine energy, a unique zest for life and humour, with the content well-grounded in science. This combination is applicable to any individual wanting more out of their life. The evaluations from his presentation were incredibly high scoring in all respects.

- Sydney Adventist Hospital

“ Darren’s motivation workshop was the best group exercise I have ever participated in. The result from the workshop was an energised and uplifted team of colleagues who were focused and galvanised to work with spirit, energy and motivation.

- Sanitarium Health Food Company

“ Darren Morton is one of the best speakers I've ever hired, and I've had the Who's Who in motivation on my stage. Stellar content. Incredibly entertaining delivery. Completely charismatic. He was the hit of our high end event in Fiji.

- Patrick Coombs, Lifepath Unlimited

“ The overall feedback to the session was extremely positive with delegates giving Dr Darren Morton’s session the highest rating overall.

- *Australian Fitness Network*

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