

Tiffany Hall

Celebrity health & wellness expert, Author & Motivational Speaker

Tiffany Hall is a multi-talented, high achieving health and wellness expert, award winning fiction writer and popular face of television, best known as the celebrity trainer on *Australia's Biggest Loser*. She is also a successful entrepreneur, having launched her own holistic online fitness and lifestyle program and an active wear collection.

A sparkling personality with endless energy and enthusiasm Tiffany Hall is an outstanding role model and a highly motivational speaker, MC and facilitator.



More about Tiffany Hall:

Tiffany first hit our screens in the remake of Channel Seven's *Gladiators* as Gladiator Angel, then continued to present a weekly health/lifestyle segment on *The Circle*.

As a trainer on three series of *The Biggest Loser Australia*, she won her first series and earned a Logie nomination for Most Popular New Female Talent. She is the regular health and wellness expert on Network Ten's *The Living Room* and has also appeared on *Have You Been Paying Attention*, *Kids WB*, *Studio 3*, *Fox8*, *Today Tonight*, *Sunrise*, *Mornings*, *Today*, *The Project*, *ABC*, *Love to Share*, *Nickelodeon*, *Slide Show*, *Studio10*, *The Loop*, *Couch Time*, *Crack Up ABC* and *Celebrity Come Dine With Me*.

Famous for her flying kicks, Tiff is one of the highest qualified martial artists for her age in the world. She is a 6th Dan black belt Master Instructor with more than 20 years experience in Taekwondo and mixed martial arts. She is a personal trainer with a Diploma of Sports coaching with a specialisation in martial arts and kickboxing qualifications.

Tiffany has a Bachelor of Arts/Media and Communications majoring in creative writing and journalism and a Diploma of Modern Languages (French) from the University of Melbourne, Certificate III and IV in Fitness and a Diploma of Sport Coaching with a specialisation in martial arts.

She commenced her writing career as a journalist before publishing her health books: *How to create the Ultimate Body*, *Weightloss Warrior*, *Fatloss for Good*, *Lighten Up* cookbook and a health and exercise manual *You Beauty!* Tiffany's English teacher was the inspiring author John Marsden. She won the John Marsden award for creative writing in 1996 and has continued writing fiction ever since. She released her debut novel *White Ninja*, the first book in the *Roxy Ran* series in 2012 with HarperCollins Publishers. *White Ninja* was followed by *Red Samurai* and *Black Warrior*. Quoted on the jacket, John Marsden said of *White Ninja*, "Dazzlingly different ... a novel about transformation that has the power to transform every reader. Tiffany Hall is the new voice in children's fiction." *White Ninja* was selected for the prestigious list of '50 books you can't put down' for 2012. In 2015 she released the teen novel *Maxi* and the *Magical Money Tree*.

In 2016 Tiff launched TIFFXO, a highly successful, holistic online fitness and lifestyle program. In the same year, she also launched her active wear collection Tiffany Hall for Fila.

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