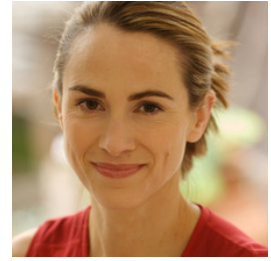




Jane Wake

Fitness Professional
Motivational Speaker
Event Host
Brand Ambassador



Top fitness professional **Jane Wake** is one of the most highly respected talents in the fitness arena. Voted No.1 fitness expert by *The Independent* in 2003, she is now the most recognised fitness expert in the UK and has been appearing on *the Lorraine Show*, ITV1 since June 2011. She has been running her own Health & Fitness consultancy, Body A-Wake, since 1993.

With a background in sports science, Pilates, pre/postnatal exercise and personal training spanning over 27 years, there isn't much Jane doesn't know about when it comes to fitness. She has created numerous innovative exercise brands including her pre/postnatal Programme Baby A-Wake and more recently Pilates Flow.

Jane is known for developing and delivering effective fitness education through programmes such as Body Max, TKO, Nike Rockstar Workout and Nike Training Club and she developed an active schools programme for Nike. She is the current ambassador for Innovo. She has also worked on a huge number of media and corporate campaigns developing health and wellness services for companies such as Boots, BP Shipping, American Express, Nike UK and Nike Europe, Alpro, Flora Pro-active and Persil Non-bio. Jane has a Master of Science degree in sport and recreation management, trained as an advanced personal trainer with the American College of Sports and Medicine and holds numerous vocational qualifications.

Jane's latest venture is in delivering live streamed classes and she recently performed a live class with Hello Magazine that received 153k views.

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