

Corinne Blight



Founder | Lead Fitness
Instructor & Wellness
Presenter

Based in: Sydney

SPEAKER DETAILS

Corinne Blight is a multi-award winning Group Fitness Instructor, Nutrition & Wellness Presenter, Pilates Instructor, Personal Trainer, Nutrition Coach and founder of the leading group fitness community, Limitless Fitness & Nutrition.

As the current Group Fitness Instructor of the Year, Corinne is a leading force in the Australian fitness industry.

In her workshops & talks, Corinne brings fun, energy & excitement to individuals' and businesses' wellness & fitness.

She has presented nutrition & fitness workshops to Paramount Pictures, Nickelodeon, MTV, John Holland, Western Sydney University, Foodbuy and Elekta on nutrition topics including the Basics of Nutrition, Meal Prepping Like a Pro, Fit & Thriving families and Healthy Food Swaps. In addition, her fitness classes always get a crowd moving & grooving and include the '80s inspired Retro-robics, boot camps & Pilates. Corinne has featured on Channel 7 Sunrise, Ticker TV as well as a number of industry podcasts & blogs.

Corinne is not only a successful fitness & wellness presenter & instructor but also, a leading fitness businesswoman, working in the fitness industry for over a decade.

She is the current Australian Group Fitness instructor of the Year and has been awarded the Western Sydney Woman, Start-Up Business of the Year (2020), in addition to being the recipient of a number of local business awards including the Fitness Service Business of the Year (2021). She holds a Bachelor of Commerce (Marketing + Advanced Business Leadership) from Western Sydney University as well as several additional qualifications in fitness, nutrition & wellness space.

Fun, upbeat & unique Corinne has a unique ability to excite & engage every audience on all things fitness, nutrition, wellness & mental health. Having worked in the fitness industry for a decade, she is passionate about fitness, nutrition and wellness being a fun & exciting part of people's lives rather than an inconvenient chore.

Speaking Topics:

- Fitness, Health & Wellness: Making it Fun, Holistic & Exciting
- Meal Prepping & Planning like a Pro
- Fitness, Nutrition & the role they play in workplace productivity
- Mastering your Mental Health & using fitness & nutrition to do that
- Fit & Thriving Families: Fitness, nutrition & wellness for you & your family
- Fitness for women: How to make it motivating, sustainable & fun
- Good Nutrition for women, simplified

TESTIMONIALS

We worked with Corinne to host a Retrorobics class and mental health and nutrition workshop for our recent team conference in the Hunter Valley. Corinne's energy, spirit and passion for health was incredibly infectious and she had the entire group engaged. Our time with Corinne was by far the highlight of the conference and we took so many learning's and tips away that we are now and will continue to practice in our everyday lives. We could not recommend Corinne higher, and we are already thinking about how we can have the pleasure of working with her again in the near future. Thanks again for an outstanding morning!"

- Hannah Evans, Client Business Manager, Foodbuy Australia

"A professional and inspirational meal planning session with Corinne. The staff all had a great time and walked away some new healthy snacks and recipes to try, as well as some handy tips. We loved the energy you brought to our work day! Thank you"

- Christine Turner, Executive Operations Manager, South West Sydney Public Health Network

"We engaged Corinne Blight from Limitless Fitness & Nutrition to provide some virtual wellness sessions for a virtual conference. We didn't know how they would be received but she was a hit! Corinne had more than half the delegates "working out" with her virtually at 7.30am (not an easy task) as well as stretching and getting their circulation going during the conference breaks. The sessions were energetic and fun and really got everybody moving. Corinne is super positive, engaging and was a delight to work with"

- Vanessa Teague, Marketing & Communications Manager, Elekta

TESTIMONIALS

“Corinne ran a Fit & Thriving family workshop for us at the end of last year. The focus of the workshop was to encourage families to think about healthy eating into their busy lives. Corinne is a great facilitator and very enthusiastic and engaging!

She prepared a range of wonderful food that everyone enjoyed tasting, and she provided recipe cards for families to take home. This was a very educational, entertaining and fun workshop and I would highly recommend Corinne's workshops!”

- Caroline Allen, Community Engagement Officer, Western Sydney University

“Paramount’s focus on wellbeing provides employees with an understanding of holistic wellness. Corinne held an engaging session with our staff where she focused on healthier food swaps, nutrition labels and meal prepping in the workplace. Corinne also brought in healthy snacks and treats for employees to try and take home recipe cards to make it easy for them to try at home and incorporate in their daily lives. By conveying a simple message of living a healthy and balanced lifestyle, Corinne connected with our staff and added great value to Paramount’s Wellness Program. The team are still talking about how yummy the healthy snacks are!”

- Liz Lassig, HR Business Partner- Paramount Pictures, Nickelodeon, Comedy Central & Nickelodeon ANZ