

LUKE HINES

Location: Gold Coast

Luke Hines is Australasia's clean living expert who celebrates real food that tastes phenomenal. As a nutrition coach, motivator and personal trainer, Luke travels between Australia and New Zealand sharing his delicious healthy meals, realistic mindset and all the moves to help people live their best life.

It's minus 13 degrees and Luke is inhaling a fusion salad from a hole in the wall in Brooklyn, NY. He roams further and eats more. He keeps this up for hours. It's 32 degrees in the hinterland beyond Byron Bay. There's banter around the open flame. Good company, great music, exceptional food, "no point cooking a good meal if you can't share it." Luke is hosting. He prefers the Bay's climes to Melbourne's chill, where he grew up.

It's 5.34am on the beach and Luke is listening to true crime podcasts while running his unashamedly overloved dog, Chia. He warms down in the garden while Chia licks her bowl clean.

Luke is a bubbly, loveable man-mountain of positivity and warmth. He radiates. You can feel his energy - he lightens the room and makes you feel inspired and at ease in his presence. With contagiously positive energy and a holistic approach that truly nourishes from the inside out, Luke has become established as one of the most popular health and wellness personalities in Australasia.

Eggs are Luke's favourite protein, he likes them scrambled. The outdoorsman doesn't fish or dive. Luke does things to feel good. Like no alcohol in 10 years. Like moving and keeping very fit. "So many people walk around not knowing how good good really feels."

Luke's day starts at 5am with a stretch, then a long black at his local café in Cabarita Beach. Luke's working day finishes at 5pm when all his devices get switched off. There's a lot in between. A lot. Cookbooks, television shows and meal prep for the day.

5pm it all slows down "because life comes first." Luke is a powerhouse crushing the scene at his own pace and in his own way.

His main drive is health. He was taunted with the name ‘Buddha’ while at school and has had to overcome hurt and insecurities that have been both a work and an inspiration. Luke’s message is simple “live your best life through clean living, eat the most nutrient dense foods on the planet, move your body in a way that you enjoy, and think positively each and every day.”

"I believe every person should be equipped with the knowledge to create clean nutritious food that is affordable and sustainable", says Luke.

Luke now has nine best-selling cookbooks and his nutritional therapy qualifications under his belt. Most recently he stars in Australian TV Show, Wellness Australia on Channel 7.

SKILLS

Other	Cooking, Life Skills Coaching, MC Events & Conferences, Personal Training, Public Speaker
Speaking Topics	Celebrity, Cooking / Chef, Inspirational, Keynote Speaking, Lifestyle, Motivational, Well-being