LUKE HINES

Location: Gold Coast

Luke Hines is a renowned clean living expert, bestselling author of 14 cookbooks, and a qualified functional nutritionist and personal trainer. His journey from a finalist on My Kitchen Rules to becoming one of the most popular health and wellness personalities in Australasia is nothing short of inspiring.

With a diverse range of experiences and credits, including working as a food and training consultant alongside Angelina Jolie and featuring as a trainer on Australia's Next Top Model, host of Channel 7's Live Well, and The Food Network's The Good Cooks, Luke has left an indelible mark in the health and wellness industry. His regular appearances on Sunrise, The Today Show, and Studio 10 have made him a familiar and beloved face on breakfast television.

Luke's passion for helping people transform their lives through nourishing meals, a positive mindset, and regular physical activity is evident in his online training, nutrition, and mindset coaching program, which boasts over 100,000 members. Combining his love for wellbeing, Luke has created a destination for positive change, empowering individuals to find synergy between their meals, mindset, and movement.

Cook with Luke Hines, his very own cooking show, is a dream come true for him, where he brings his unique blend of energy, passion, and delectable food to audiences every week. As an influential speaker, Luke aims to share his holistic approach to wellness, emphasizing the importance of real, nutrient-dense food, cultivating positivity, and embracing physical activity for a truly fulfilling life.

Luke's infectious positivity and warm personality have made him a beloved figure, radiating energy that lights up any room he enters. With a focus on living life to the fullest, he cherishes moments spent in nature, running with his cherished dog, Chia, and savoring the simple pleasures of life.

His journey to health and wellness was not without challenges, as he had to overcome hurt and insecurities, making his message all the more powerful and relatable. Luke advocates for living one's best life through clean living, nourishing the body with nutrient-dense foods, enjoying physical

activities, and embracing a positive mindset daily.

Equipped with nine best-selling cookbooks and nutritional therapy qualifications, Luke is dedicated to equipping every person with the knowledge and tools to create clean, nutritious, and sustainable meals that enhance well-being.

As a star of the Australian TV show Wellness Australia on Channel 7 and the host of Channel 7's The House of Wellness, Luke continues to inspire and impact countless lives, spreading his contagious enthusiasm for a healthy and fulfilling lifestyle.

Invite Luke Hines to your next speaking engagement or food demonstration, and let his positive energy and invaluable insights guide your audience on a journey of wellness and vitality. Luke's empowering message of clean living, nourishment, and positivity will leave a lasting impression, inspiring all to live their best life from the inside out.

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