

Glenn Cardwell

Glenn is an Accredited Practising Dietitian with over 30 years in clinical and public health nutrition, including 10 years as consultant dietitian to the National Heart Foundation and five years with the Children's Hospital in Sydney.

He has given nutrition and health keynotes throughout Australia, New Zealand, Malaysia, Spain, India, South Africa, Ireland and Britain, on sports nutrition, feeding children and healthy eating for a long life. He also advises the public, the food industry, health professionals, parents, teachers and university students, having been a guest lecturer at Curtin University since 1988 and a lecturer at Edith Cowan University for four years.

In 2003 he was made a Life Member of Nutrition Australia for services to nutrition education and judged WA Professional Speaker of the Year. He runs his own nutrition consultancy company promoting the health benefits of fresh produce and overseeing nutrition research.

Glenn makes frequent TV and radio appearances, and has written regular nutrition columns for the *Sunday Times*, the *West Australian*, *Good Medicine*, *Business Directions* and the *Healthy Food Guide*.

He has written four books, *Diet Addiction*, *Gold Medal Nutrition*, *Top Blokes' Food Manual* and *Getting Kids to Eat Well*. The 4th edition (2006) of *Gold Medal Nutrition* was published in the USA for international distribution. The fifth edition will be available in 2011. In 2006 he was invited onto the Editorial Board for the *Healthy Food Guide* magazine.

For 14 seasons he was the sports dietitian for the West Coast Eagles, and for five years worked with the Perth Wildcats. He was the nutrition and performance adviser to the Western Force for their first two seasons, the Perth-based team in the Rugby Super 14s competition. In 2002, he was fortunate enough to travel to Chicago with Australian fast bowler Brett Lee to conduct fluid loss and sweat testing profiles.

He is worth listening to, if only because he believes chocolate and a good red are essential food groups for adults.

His free newsletter and e-books are available from www.glenncardwell.com.



What they say about Glenn Cardwell's presentations

The combination of important and interesting health dietary information on the one hand, and verbal and visual humour on the other hand, proved very successful. The extremely positive feedback from those at the luncheon was testimony to the quality of your presentation.
Ian Silk, Chief Executive Officer, Australian Retirement Fund

The delegates really enjoyed your presentation and feedback has been very good. We are very happy with our Perth Convention and very appreciative of your professional contribution, both prior to the event and your very informative and enjoyable presentation.
Lynne McDermott
Director, Marketing, LJ Hooker

You are extremely popular around the office - and who wouldn't be when chocolate is good for you and wine in moderation!!!. Thanks again Glenn, you were brilliant!!
Lisa Wah Day
Development Western Australia, Mirvac

Glenn was a real hit and one of the highlights of the conference. His information on food and nutrition was of great interest and I had several delegates comment to me on the quality of his presentation and that they could have easily listened to a

lot more of what Glenn had to say.
Marie McGlashan, Association of Secondary School Registrars

Your presentation was most refreshing. You are a fabulous speaker and I believe all who attended the session enjoyed your no-nonsense approach to nutrition.

June Foulds, Greater Bunbury Division of General Practice

It is with pleasure that I acknowledge your significant contribution to the recent resource day for the Macquarie Bank Future Problem Solving program here at Wesley College. Addressing 200 school students is a daunting task which you managed professionally and confidently. I would confidently recommend your expertise to other school groups for your quality of research and information.
Lesley Sutherland, Director, Wyvern Centre for Extended Learning

Thank you very much for a terrific presentation. The feedback was very positive. For myself, I enjoyed the fact that the topic was delivered with humour. Some nutrition presentations I have been to make me feel that I have been told off, and must deny myself so many things. It was good to hear the facts and have the fallacies exposed.

Tom Pettitt, H & S Adviser, HSE Support Group, Supply Operations

All participants rated your presentation highly and the questions and the interaction at the end of the session was another indication of the success of your talk.
Anne Knowles, Cancer Foundation.

Just wanted to say a HUGE thank you for last night's presentation. I found it very inspiring and I have a million ideas just buzzing around in my head.... It's not often that you go away from a presentation and can remember so much of what you have learnt, so THANKS.
Dr Nikki Cummings
St John of God Medical Centre

On behalf of the JWACS P&F Association I would like to say 'Thank you' for the terrific presentation you made at John Wollaston Anglican Community School on 18 March 2009. The information you shared with us was relevant and meaningful and your honesty and humour was appreciated by all parents and staff in the audience. The feedback received by me, both after the presentation and over the last week indicates there has been significant 'food for thought' and a positive impact made by you, on all of us!

Thank you once again for your time and commitment. It was terrific to work with you and we hope that you will be able to return again in the future.
Karen Ayres,
Seminar Coordinator