



## Marc Malone (BSc Hons)

*Health & Fitness Specialist*

Health & Fitness Expert Marc Malone has worked in a variety of settings with a diverse range of clients. He began coaching young athletes in 1998, progressing to Personal Training in 2001, after completing a Sport & Exercise Science degree. Marc has helped to improve the health status of individuals with wide ranging fitness levels using pilates, circuit training, shallow and deep water exercise, the gym and track techniques combined with a wealth of experience, to tailor exercise programme to the goals, likes and abilities of each client. He still continues to deliver fun and challenging sessions in Edinburgh today.

He set up the London Borough of Tower Hamlets Healthy Walking scheme in 2003, motivating and inspiring hundreds of people, mainly over 50's to get fit through walking more in their local neighbourhood. He was nominated for employee of the year at the council's internal staff awards. Marc completed the Walk Leader Cascade Trainer Certificate in 2004 enabling him to train hundreds of people to lead safe Group Health Walks. He continues to regularly deliver courses.

At the London Borough of Tower Hamlets, Marc also helped design and deliver sessions on the B.E.S.T. Childhood Obesity Scheme, for 8 – 16 year olds. The programme gained a national best practice award from the ASO (Association for the Study of Obesity) and has been adopted by several other London boroughs.

In late 2004, Marc next began coordinating the Exercise Referral Scheme for the London Borough of Camden, a programme that has an 80 percent completion rate. He delivered exercise sessions with patients with heart disease, diabetes, obesity, osteoporosis and mental health conditions.

In 2006 whilst at the London Borough of Camden, Marc went on to manage a Community Exercise Programme consisting of over 60 borough wide exercise classes, some of which he taught including circuit training, water exercise, pilates, gym sessions, seated exercise and group indoor cycling. The team he was a part of were nominated for best team at the internal staff awards in 2008.

Over the past ten years Marc has trained and competed in the sprints and jumps. Doing so has allowed him to work with international athletes and coaches, learning powerful training techniques, which he has passed on through coaching and advising developing athletes. He is Track and Field Captain for Victoria Park Harriers & Tower Hamlets Athletics Club.

Marc has also organised three Dance Festivals, Health M.O.T. sessions in local markets, Exercise Taster Days and a Falls Prevention Conference with over 200 attendees, at which he was one of the speakers. The inter-borough staff fun run, 5K Your Way, which he developed the format and coordinated the event is still in existence today. He has had articles relating to Health & Fitness in numerous publications, including "The London Paper". When representing *M.O.T.IVATE Health & Fitness*, Marc's Healthy Lifestyle Company, he delivers Healthy Lifestyle sessions of various types in the workplace, in schools and colleges, with community groups, sports groups, social groups, local authorities and individuals. Clients include:

- **Improvement & Development Agency (I&DeA)**
- **UnLtd Awards Company**
- **ProActive Central London**
- **Tower Hamlets PCT**
- **London Boroughs of Camden, Enfield, Hackney, Islington, Lambeth, Kensington & Chelsea, Southwark, Tower Hamlets, Westminster**
- **London Travellers Association**
- **Tower Hamlets College**
- **Well and Wise in Camden**
- **Camden Central Community Umbrella**
- **The Royal Free Hospital**
- **St Luke's Hospital**
- **The Circus Space**
- **Open Age**
- **Derman – Turkish Community Org**

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QUALIFICATIONS	KNOWLEDGE GAINED
<b>BSc (Hons) Sport &amp; Exercise Science</b>	Human Anatomy, Exercise Physiology, Health Related Fitness, Nutrition and Metabolism, Exercise Testing, Sports Injuries and Sports Coaching, Sport Psychology.
<b>City &amp; Guilds 703 Teaching Adults</b>	Preparing to teach adults in the lifelong learning sector. Also includes the module "Planning and Enabling Learning."
<b>YMCA - Level 3 Exercise &amp; Fitness Knowledge</b>	Appropriate knowledge demonstrated for advanced fitness training specific to personal training, sports conditioning and exercise referral.
<b>YMCA/Gayton Exercise Referral</b>	Exercise prescription for patients with conditions such as diabetes, obesity, high blood pressure, osteoporosis, amongst others.
<b>BACR Cardiac Rehabilitation</b>	Exercise prescription for patients that are recovering from cardiac conditions such as heart attacks, angina and heart bypass operations.
<b>YMCA Older Adult</b>	Design, develop and deliver appropriate exercise sessions for adults above age 50.
<b>Future Fit Mat Based Pilates</b>	Plan, prepare and teach a matwork pilates session with adaptations in a safe, effective manner.
<b>HFI Motivational Interviewing</b>	The concept of Lifestyle Behaviour Change, and interview skills to help people progress through the behaviour
<b>AEA Aquatic Fitness Instructor</b>	Knowledge and skills to teach safe and effective water exercise programmes.
<b>Speedo Deep Water Aquatics</b>	Knowledge and skills to teach safe and effective water exercise programmes in deep water with a floatation belt.
<b>Nutrition &amp; Weight Management for Common Clinical Conditions</b>	Advise clients about 'The Balance of Good Health', positive and negative aspects of their dietary choices, and how nutrition can positively affect their conditions.
<b>Shape-Up Facilitator</b>	To facilitate Shape-Up - an eight-week weight management course in which group members learn various healthy lifestyle techniques.
<b>WHI Walk Leader Trainer</b>	To deliver a one-day Walk Leader training course in which clients learn how to safely and effectively lead a group health walks.
<b>YMCA Gym Instructor</b>	Safe and effective training techniques used in a gym environment. Cardiovascular machines, resistance machines and free weights.
<b>YMCA Circuit Training</b>	How to plan, set-up and deliver an exciting, enjoyable and effective circuit training programme
<b>WHI Walk Leader</b>	The health benefits and easy accessibility of regular walking. How to lead a safe group health walk.
<b>Lifetime H&amp;F – Group Indoor Cycling</b>	Design, development and delivery of a safe and effective group indoor cycling class.
<b>UK Athletics - Level 1 Athletics Coach</b>	To coach appropriate techniques used in sprinting, long distance running, jumping and throwing. Planning a yearly training cycle.
<b>EBA Level 1 Basketball Coach</b>	To instruct on techniques used in basketball such as passing, dribbling and shooting. Tactics and rules of the game.
<b>BBA Level 1 Badminton Coach</b>	To teach badminton techniques, tactics, and rules.
<b>Emergency First Aid and Defibrillation</b>	CPR and automated external defibrillation operation.

Register of Exercise – Advanced Instructor Level 4 (provisional)

Membership Number: R0015830 [www.exerciseregister.co.uk](http://www.exerciseregister.co.uk)