



The Team of Health Improvement Specialists

Marc Malone

Founder, Health & Fitness Specialist

Health & Fitness Expert Marc Malone has worked in the fitness industry since 1998 designing and implementing physical activity programmes across a wide range of sectors, delivering personal training with people across the fitness spectrum, and delivered educational sessions to a diverse client base.

For more information download Marc's Biog.

Mohammed Sillah-Freckleton

Exercise Therapist

An athletics World Championship semi-finalist, Great Britain hurdler Mohammed Sillah-Freckleton has been a national athlete for over 10 years, learning exceptional training techniques. Since completing a premier personal training diploma in 2005, Mo developed his own personal training business, working with a wide range of clients delivering gym, circuit, running and sports therapy sessions.

Whilst studying for a physiotherapy degree, Mo has gained experience in working with elderly patients with respiratory diseases, mobility problems, and mental illness. He currently delivers gym sessions to GP referred clients.

A qualified sports therapist since 2005, Mo treats and rehabilitates injured international athletes, and personal training clients through massage, postural alignment, strengthening exercises, stretching and advice. Mo takes peoples injuries, illnesses and limitations into consideration to provide tailor made programmes that benefit each individual.

Siobhan Rogers

Health & Fitness Specialist

Siobhan Rogers has been in the fitness industry for ten years, teaching classes in a wide range of fitness clubs around London. After completing the YMCA Diploma in Exercise and Fitness Knowledge, Siobhan started her own Personal Training Company, working with many clients, which she still enjoys running today.

Specializing in pre and post natal exercise, cardiac rehabilitation, Siobhan has a wealth of experiences at working with clients with specialist conditions such as diabetes, obesity, hypertension and osteoporosis,

Siobhan also works with clients suffering with depression and anxiety, using motivational interviewing techniques and providing support, guidance and expertise to keep people of all ages and abilities stay motivated to exercise. Teaching children's fitness in schools is another specialisation.

Martin Thompson

Health & Fitness Specialist, Exercise Therapist

Martin Thomas has been working and training in the sports, recreation and fitness industry for over 30 years starting as a gym instructor and going on to become a freelance personal trainer, group exercise instructor and Sports Therapist.

With a diploma from Premier Training, Martin is a specialist in cardiac rehabilitation and Postural Stability with expertise in working with clients with a variety of specialist conditions such as diabetes, obesity and osteoporosis as well as those new to exercise.

Martin has experience in corporate team building and is also a trained Shiatsu Practitioner and a Thai Masseur. An expert in motivating clients and patients to take up and practice a healthier lifestyle, he is also a Shape Up facilitator and has practiced Karate and other Martial Arts for over 20 years.

Carol O'Beney

Mental Health Specialist, Nutritionist

Carol O'Beney has been in the fitness industry for nearly fifteen years. With a strong background in mental health and physical activity services, Carol has implemented mental health referral services at local authority level and provided exercise therapy services at hospitals.

With an MSc in Nutrition, Exercise and Public Health and published works in the Journal of Mental Health Promotion, Carol has also worked as a Complimentary Therapy Manager for Glaxosmithkline and is currently Physical Activity Manager at Kensington & Chelsea PCT as well as a freelance Personal Trainer.

Carol has a wide range of experience of motivating and delivering exercise sessions with inactive populations that often have obesity, diabetes and cardiovascular disease. She has also lectured at Bristol University.

Susan O'Callaghan

Inactivity Specialist, Massage Therapist, Childhood Obesity

Susan O'Callaghan has been a weight management specialist for over ten years. Specialising in G P Referral, Cardiac Rehabilitation, Health Walks, and Children and Family Weight Management programmes, Susan has worked with a huge variety of clients with various levels of fitness and ability.

A qualified massage therapist, Susan also specialises in Childhood Obesity, developing a programme that was awarded the ASO National Best Practice award in 2006 with hundreds of overweight children and their families completing ten-week learning programmes, developing the skills to maintain an active and healthier lifestyle. The model has been adopted by several London Boroughs.

Susan is currently completing her final year of an MSc in Human Nutrition.

Carol Douet

Nutritionist

Community Care Nutritionist Carol Douet has an extensive nutritional knowledge and experience at groups delivering one to one clinics, devising healthy eating presentations and group education projects with people from a variety of backgrounds.

A registered Associate Public Health Nutritionist with a BSc (Hons) in Human Nutrition, Carol designed and regularly delivers a range of programmes such as Life Style Weight Loss and 'Cook & Eat' programmes. She has also developed written resources to health professionals and individuals in the community.

Carol was Instrumental in the development and implementation of the 'Healthy Eating Options Awards' programme in the London Borough of Newham, encouraging local catering establishments to create healthier options on their menus. She has also gained a Professional Chefs Diploma and has worked on childhood obesity projects within Kensington & Chelsea PCT.

River Sweeney

Personal Development Specialist

River Sweeney has over 20 years experience in assisting others in transforming their lives through creative thinking processes. She has worked with clients as diverse as corporate professionals, artists, prisoners, teachers and children.

A Practitioner of Neuro-Linguistic Programming (NLP) with a BA in Drama & Theatre Studies and certificates in Neurological Repatterning, and Results Coaching, River has developed bespoke training programmes designed to inspire, motivate and raise self-esteem amongst people in a wide range of settings.

Currently operating the personal development company Organising Genius, River also delivers drugs counselling, employability training and drama teaching. River uses creativity as a tool to rehabilitate and empower through performance and creative thinking.

Blu Smith

Dance – Street Dance, Ballet, Tap

Blu Smith has been a professional Dancer for over 25 years, performing in West End shows such as Cats and A Chorus Line. She has worked in film and TV extensively in numerous countries around the world, learning professional dance training techniques and choreographer.

A singer with a following in Japan and the USA, Blu is also a qualified dance teacher, regularly teaching Street Dance, Jazz, Ballet and Tap in a wide range of settings to a wide range of ages and abilities.

An accomplished choreographer, Blu taught, coached and led mixed ability groups to performances at the Shaw and Bloomsbury Theatres. Blu's classes promote good Self-Esteem, Body Awareness and Co-ordination, helping the individual to stay fit and healthy whilst having fun! Blu is also a Mentor and qualified Gym Instructor.

Marianne Rouvier Angeli

Dance – Contemporary, Improvisation, Choreography

After undergraduate training in Ballet, Marianne Rouvier-Angeli trained at the Laban centre for Movement and Dance, London, where she obtained an M.A in dance. After completing her studies, Marianne danced professionally both in the UK and abroad. She then formed her own dance company, Lulu's Living Room, touring in France and Germany the Czech Republic, as well as the whole of the U.K.

Marianne has taught extensively to both trained and non-trained dancers, as well as to people with learning disabilities and prison inmates. Her recent work with people learning difficulties work included touring with the Anjalidance company, a professional dance company for people with learning disabilities, as tour director, and choreographing the Greenwood Performance Dance Club, that performed at the Paralympics handover, with recognition at the British Heart Foundation Conference.

She feels passionate about teaching and uses creative ways to lead classes encouraging self-confidence, self-worth and enjoyment to class participants of all ages, shapes and all levels of abilities.

Ife Eshe-I

Massage Therapist, Herbalist

Ife Eshe-I has worked professionally as a massage therapist for over ten years. With diplomas in Holistic Massage, Anatomy & Physiology, and Diet & Nutrition, as well as training in Aromatherapy, Reflexology and Western Herbalism, she has worked in a range of settings including hospitals across the South East with the Oriental Complementary Medicine Association (OCM).

In 2000, Millennium Award recipient Ife, worked with underprivileged groups in London, delivering natural health workshops and healthy lifestyle programmes. Subsequent to this she worked freelance delivering massage therapy sessions at community centres which were funded by many organisations including Age Concern.

Currently in third year of a Health Promotion degree, Ife has also run her own business selling herbal remedies.