



Marie Murphy Health & Fitness
Consultant Exercise & Nutrition Specialist
Former Irish Olympian (Marathon)
www.mariemurphyhealthfitness.com
marie@mariemurphyhealthfitness.com

Marie Murphy is a Consultant Exercise & Nutrition Specialist who designs fitness programs for general health, athlete training, and the prevention of disease. A former Irish Olympian, Marie is currently located in Dublin, but maintains collaborations across Europe and North America.

While working with the Irish Cancer Society (2010-2013), Marie led 5 studies on breast, colorectal and prostate cancer survivors. Marie designed, developed and implemented *The Murphy (METs) Programme*, a 15 week cardiovascular, resistance training & nutrition program, followed by a 15 week progression phase and a one year follow-up. This program was acknowledged by the American Institute of Cancer Research (AICR) 2012 and is currently being rolled out to Cancer Support Centres across the country.

Prior to Marie's work here in Ireland she lived in California for many years, initially as a professional athlete and later as a consultant in Health & Fitness. The last 14 years were spent primarily in the field of breast cancer during which she consulted to Dr Susan Love (breast cancer researcher and author) and held positions as Cardiovascular & Strength Consultant for UCLA David Geffen School of Medicine and Consultant Exercise Specialist Simms-Mann UCLA Centre for Integrative Oncology.

Marie's other research interests include health behaviour change in all types of disease, and she is particularly interested in the role of diet and exercise in the adolescent population. She has a range of experience designing and delivering complex interventions in community settings as she has over 30 years of experience in the Health and Fitness Industry.

Presentation/Workshop Fee:

Presentation:.....€200

Half day workshop:.....€350

Full day workshop:.....€700