



Marie Murphy Health & Fitness  
Consultant Exercise & Nutrition Specialist  
Former Irish Olympian (Marathon)  
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Marie Murphy is a Consultant Exercise & Nutrition Specialist who designs fitness programmes 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 & nutritional programme, followed by a 15 week progression phase and a one year follow-up. This programme was acknowledged by the American Institute of Cancer Research (AICR) 2012 and is currently being rolled out to Cancer Support Centres across the country.

While living in the United States Marie held various positions in health and fitness including personal training, high school athletics, cardiovascular & strength Consultant at the David Geffen School of Medicine at UCLA and Founder of MBS Fitness LLC. Marie has a wide range of experience in delivering seminars, workshops, lectures in the community, colleges, universities and medical field.

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 Rates:

Presentation:.....€200

Half day workshop:.....€350

Full day workshop:.....€700