

## **Mini-Mentoring Initiative 2018-19: Meet our mentors**

### **Kris Tynan**

Kris has over 30 years' experience in the fitness industry in both the UK and NZ. Initially she trained at Otago University (Dip PE) and has gained further training through ACSM, FAI (Functional Aging institute) among others.

She has presented at Filex (Australia), Business Grow and FitEx (NZ) and has consulted and run in-house workshops and seminars for a variety of organisations as well as being involved in various steering groups.

She is the author of "The Interactive Instructor" book and the LOAFFA resource for Leaders of Older Adult Exercise. She sits on the board of REPs and in 2012 she was awarded the Fitness NZ Award for Outstanding Contribution to the industry.



### **Carol Hides**

Carol Hides is the owner of Diamond Fitness. She has over 20 years of MTB experience, and back in her heyday competed at an elite level. These days she is passionate about passing on her love of the great outdoors and the fun of enjoying it on two wheels. Her knowledge and enthusiasm for supporting others to improve their skills puts her in demand as a specialist recreational MTB coach in Christchurch.

Carol is also REPs registered Fitness Coach and a past Fitness NZ award winner. She is an experienced Personal Trainer, Lifestyle Mentor and has extensive experience planning, promoting and delivering Seniors and Disability exercise classes. Her mantra is "Get out there and experience the exhilaration of your achievements!" She loves supporting her clients, class participants, and those she mentors to reach their goals and experience success!

