



FOR IMMEDIATE RELEASE
9th August 2010

Women's Inner Circle Rural Women's Tour

International Personal Trainer and author John Tilden is the guest speaker on women's health at this year's Queensland Rural Women's Network Conference in Charleville on the 3rd and 4th of September 2010.

The conference theme is "Building the Woman". John will be presenting workshops on the specific nutritional needs of women and providing information relating to foods that support the health of a woman's ovarian cycle and online resources to refer to from any location. His workshops explain how a woman's "inner circle" can support her through food relationships that deliver nutrition her body needs.

Making the most of the travel west John will be delivering complimentary 1 hour information seminars in Toowoomba, Dalby, Chinchilla, Roma and Mitchell on his way to the conference to help women of all ages. These seminars are a culmination of years of research from across the globe about the changing nutritional needs of women through their menstrual cycle.

"I was really concerned that women spend a lot of time and money on diet plans and exercise programs that actually drain their essential nutrition stores and don't put anything back to support the constantly changing requirements of their ovarian cycle, or inner circle of essential health" says John Tilden.

This prompted John to research the information himself and compile his latest book *Managing Your Cycle*, an easy to read reference guide that takes science to the supermarket to explain specifically women's nutrition for a problem free cycle.

The Women's Inner Circle tour will include the official book launch of *Managing Your Cycle* at "Chapters of Roma" bookstore on Wednesday September 1 starting at 3.30pm. The tour kicks off in Toowoomba on Monday 30th August (venue details confirmed soon), Dalby at the Myall Youth Community Network Centre on Tuesday 31st at 12.30pm. An evening session that day will also be held in Chinchilla at the Western Downs Regional Council at 5.30pm. Following on with the book launch in Roma on Wednesday 1st at 3.30pm, then John will hold the final session before the conference at the CWA hall in Mitchell on Thursday 2nd at 12.30pm.

Women of all ages are encouraged to attend; from teenage girls and mothers to ladies experiencing menopause. The information sessions aren't about strict diets or

vigorous exercise. Quite the opposite actually as John explains the need of a shift in thinking in terms of women's health to a more nurturing, educational approach.

“Training women is very different to training men. With the constant juggling and running around working and looking after everyone in the family women's bodies are constantly under stress. Fad diets and vigorous exercise only deplete a woman's nutritional needs even further, causing low energy and severe side effects of PMS.”

John's information and simple techniques are refreshing and comforting. His seminars are not to be missed, and they're free!

For more information please contact:

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ABOUT JOHN TILDEN

Author, researcher and personal trainer behind the concept of Women's Inner Circle.

An International Personal Trainer and author based in Murwillumbah N.S.W. John owned and operated the Paddington Personal Training Studio in Sydney for 15 years; and closed in 2007 to train International business people in the United States, across Australia, and in Beijing during the 2008 Olympics.

His clients include International sports people, doctors and professors, business men and women, athletes, mums and dads, and people with severe disabilities.

His first book of exercises and training techniques for confined to chair disabilities, released in 1995, is used in hospitals and universities and by professional organisations in Australia, the USA, the UK, and New Zealand.

He has since developed Powerbow , workplace exercise and stress management programs, and researches health and exercise solutions for specific problems.

This first book was launched by and at the Royal North Shore Hospital in Sydney. He has written for Diabetes Aust. NSW & the Post Polio Network of NSW specific to health & exercise for their readers, and has had two articles in the West Australian Newspaper regarding Powerbow and Managing Your Cycle.

Previous presentations include:

Report paper on Easy Access Community Recreation presented to the Occupational Therapists Association of NSW.

Exercise programming:

Center for Independent Living, West Hawaii. USA

Sonoma County Diabetes Association, California. USA

Disabilities Resource Center, Auckland. NZ

NSW Recreation Network State Conference.

Diabetes Association of NSW State Conference.

MS Society of NSW

Exercise Programming, Stress Management & health in the workplace

Sales Secrets of the Superstars- DTS Training, Sydney NSW.

Mens Health have featured John's exercise equipment and programs in an issue, and the Physiotherapists Association of NSW ran an article on his Chair based exercise programs for the frail, aged and disabled.

