



## Article Side

Australian Fitness & Health Expo for Innovative Training and Equipment by [Robert Pickett](#)

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April 27 to the 29th, this 2012, is the date for the largest health and fitness event in the Southern hemisphere, the 2012 Australian Fitness & Health Expo, which will be held at the Sydney Convention & Exhibition Centre. General visitors to the expo can expect to find the latest in gym equipment, boxing equipment, training aids, nutritional products, music and apparel. More than 300 exhibitors will be displaying their new products and the latest trends in the below sectors:

Boxing and Martial Arts

Fitness Business Services

Clothing / Music

Education and Training

Health, Wellness and Rehabilitation

Sports Nutrition and Supplements

The event extends much further than the introduction of new products. There will also be live fitness performances and appearances from sporting celebrities. Guest visitors will also have the opportunity to compete and trail products, so it is definitely going to be an expo filled with great participation among the crowd. There will also be a Health & Fitness education Zone and a Fitness Business Advice Centre for those that are interested in breaking into the industry or upgrading their skills. Guest visitors will have the pleasure of a variety of celebrity appearances from the health and fitness industries that will appear on one of the three stages, the Strength & Conditioning Stage, the Talking Fitness Stage, or the Zumba Main Stage. Celebrities include:

Danny Green

Michelle Bridges

Shannan Ponton

Marcus Bondi

Beto Perez

Dorian Yates

Monica Brant

Mark Lobliner

Charles Glass

Christina Vujunich

Jennifer Rankin

Steve Cook

Matt O'Neil

Derek Poundstone

Sydney Swans Football Club

Michelle Dean

Josh Ross

Christie Jenkins

The expo is all about staying fit, looking good and feeling great, and the world's most respected leader in the health and fitness industry will be there to show you exactly how. Tickets for the event go on sale this December of 2011. The list of exhibitors is lengthy and includes over 300 exhibitors that can be viewed by visiting the Australian Fitness & Health Expo which not only details the exhibitors that highlight the expo, but also many of the events that will be taking place. A brands list and product list can also be found on the site, as well as, information on travel and accommodations. Australia will be the spot for one of the largest events in the health and fitness industry, and it will be taking place just months before the Olympics in London. There are five stages in all and a tremendous amount of exhibits that will inspire everyone whether a bodybuilder, a fitness demonstrator, or just a spectator interested in getting in shape. The total crowd is expected to be over 20,000 that represent fitness professionals and enthusiasts, and there will be an information session or display to suit everyone. Tickets can be purchased in advanced, and this year's fitness expos in Sydney, will have all the exciting new training methods, equipment and sports nutrition that will help you to meet your goals for 2012. Definitely an event for everyone.

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See the latest in fitness through exciting group fitness demonstrations, products launches, fashion parades, celebrities and more only at the a [Australian Fitness & Health Expo](#).

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