

CV

Donna Jones

BA Comm. (Journalism), Dip. Ex. Sc., Advanced Cert. Nut. Sc.

Author

The New Me by Adro Sarnelli with Donna Jones (Hachette, 2010)

Winners do What Losers Don't by Ray Kelly with Donna Jones (New Holland, 2008)

If I Can, You Can by Silvestro Musumeci with Donna Jones (New Holland, 2007)

Workouts for Everyone by Donna Jones (Lothian, 2005)

Editor

Slim Living (2009)

Healthy Living (2009)

Contributing fitness editor

Australian Good Taste (December 2007–present)

Good Health & Medicine (December 2003–May 2009)

Columnist

Good Health & Medicine (2005–May 2009)

FAMOUS (2006–2007)

News Limited's 'body + soul' lift-out (2001–2003)

Marie Claire (Guest columnist for three issues, 2005)

Freelance writer

Hundreds of published health articles across various titles, including:

Australian Good Taste

Good Health & Medicine

Tony Ferguson magazine

FAMOUS

News Limited's 'body + soul'

SHE (New Zealand)

New Woman

Slimming & Health

Cosmopolitan

Dolly

The Sun Herald
Club Mag
Fashion Quarterly (New Zealand)

Celebrity interviews

Anthony Robbins
Cirque du Soleil
Sami Lukis
Pete Timbs
Guy Leech
Dave Wright
Alex Davies
Matt Shirvington
Joe Avati
Prue MacSween
Rodney Yee
Penne Dennison
Leah Macleod

Design of health, fitness and weight loss series' for print

Australian Good Taste: Ready, Set, Run (June 2008)
Good Medicine: The Smart Diet Plan (October, November, December 2005)
SHE: TriWoman Triathlon Series (November 2005–April 2006)
The Sunday Telegraph's 'body + soul':

- Flora Sydney Marathon/ The Sunday Telegraph Bridge Run 8-week Training Program (2002 and 2003)
- 6-part body series (19 August–23 September 2001)
- 6-week fitness program (5 August 2001–9 September 2001)

Education

Understanding English Grammar: University of Sydney—Centre for Continuing Education (2008)
Advanced Certificate Nutritional Sciences: Australasian College Natural Therapies (2006)
Diploma of Exercise Science: Fitness Institute Australia (2002)
Certificate IV in Fitness (SRF 40201), Personal Trainer and Specific Populations: FIA (2002)
Bachelor of Arts in Communications (journalism major): University Technology Sydney (1999)

Presenter

body + soul TV show: Channel 9; FOXTEL's Lifestyle Channel (2003)

body + soul DVD (2003)

Fitness segments over summer: 2UE Radio (2002)

Media appearances

Extensive media interviews across print, TV and radio, including:

Radio:

2UE

The Edge 96.9 FM

6PR

3AW

2BS

Print:

The Daily Telegraph (16 February 2005)

OK (January 2005)

Woman's Day (8 March 2004)

Good Medicine (December 2003)

Who (13 January 2003)

New Idea (15 June 2002)

The Sunday Telegraph (28 July 2002)

The Sunday Telegraph TV Guide (4 August 2002)

TV:

Mornings with Kerri-Anne: Channel 9 (2003, 2005)

Weather with Tim Bailey: Channel 10 (2002)

Personal trainer and weight management consultant

Donna Health & Fitness (1997–2007)

Celebrity clients:

Prue MacSween

Stan Zemanek

Sami Lukis

Pete Timbs

Penne Dennison