

Donna Marie Jones

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

AUTHOR

Hard'n Up by Shannan Ponton (Harper Collins, 2012)

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)

FREELANCE WRITER

(1999–present)

Hundreds of published articles across various titles, including:

SHE (New Zealand)

Fashion Quarterly (New Zealand)

Slimming & Health

Cosmopolitan

Dolly

New Woman

FAMOUS

The Sun Herald

body+soul

Australian Good Taste

Good Health & Medicine

Good Health

Tony Ferguson magazine

Club Mag

WRITER—WEB CONTENT

(2012—present)

Health, lifestyle and beauty content for websites

CONTRIBUTING FITNESS EDITOR

Australian Good Taste (2007–2010)

Good Health & Medicine (2004–2009)

EDITOR

Slim Living (2009)

Healthy Living (2009)

COLUMNIST

Good Health & Medicine (2005–2009)

FAMOUS (2006–2007)

Marie Claire (Guest columnist for three issues, 2005)

body+soul (2001–2003)

CELEBRITY INTERVIEWS

Anthony Robbins

Cirque du Soleil

Rodney Yee

Sami Lukis

Guy Leech

Prue MacSween

Matt Shirvington

Alex Davies

Pete Timbs

Joe Avati

Dave Wright

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)

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 for health and fitness advice and expertise, 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