

SHANNAN PONTON

With 18 years experience in the industry, Shannan has acquired extensive experience and knowledge in the areas of exercise, fitness, nutrition, health, people management and the media. During his career he has developed and delivered innovative personal training, fitness, motivational and general life solutions to many individuals, companies and teams, at a state, national and international level.

Always looking for new approaches to gain maximum results Shannan is known to incorporate a diverse array of techniques such as boxing, kickboxing, spin, swimming, martial arts, circuit and weight training. By gaining trust, Shannan is often able to get more from people — driving them harder than they could ever have imagined. After all, despite his bright personality, this dedicated trainer is known for sayings like 'pain is just weakness leaving the body'.

This year Shannan returns to Series 6 of THE BIGGEST LOSER as fitness trainer and mentor. THE BIGGEST LOSER continues to be amongst the highest rating shows on the Ten Network.

Shannan trains the same way he lives his life - with respect plus integrity, physical and mental discipline as well as strength in body and mind

During his time away from the biggest loser Shannan continues to train and motivate individual clients. He is in demand as a corporate speaker and has held training sessions/workshops for companies such as NewsAdvantage, MBF, Abbott Nutrition, SP Health, West Farmers and Coles to name a few.

He works tirelessly for charity organizations such as Canteen, Sunnyfield Independence and the McGrath Foundation. He is on the board of Obesity Australia

He is also a proud Ambassador for Asics, Nature's Way, Workout Water and Power Balance.

Shannan lives In Sydney. Outside of his work commitments Shannan can be found surfing or running on the beach, or on a beach in Bali - his favorite indulgence.