



# GARY WAGNER

**PERSONAL TRAINER,  
FITNESS EXPERT &  
MOTIVATOR WITH  
HEART**

## CONTACT INFORMATION

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**LinkedIn:** Gary Wagner - LinkedIn



**RECALIBRATE**

## ABOUT GARY WAGNER

Gary Wagner is a fitness expert who makes wellness accessible with his blend of science-backed techniques, humor, and heart-centered coaching. Known for transforming lives with practical, actionable advice, Gary has helped hundreds of individuals overcome seemingly insurmountable obstacles, including pain, movement issues, chronic conditions, and self-perceived limitations, to achieve their fitness goals.

Whether working with beginners or experienced gym-goers, Gary's approach ensures sustainable results by tailoring programs to meet each client's unique needs. His ability to distill complex fitness principles into relatable, engaging insights and practical actions makes him a sought-after voice in the industry.

Gary regularly shares his expertise on topics such as strength training, weight management, and building long-term fitness habits through workshops, podcasts, and publications.

# WHY

# GARY WAGNER?

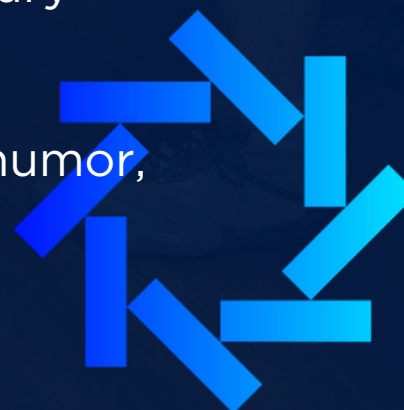
- **Practical Expertise:** Combines science-backed fitness strategies with easy-to-follow advice.
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- **Media-Friendly:** Experienced in delivering concise, relatable commentary for podcasts, articles, and interviews.
- **Creative Yet Realistic Solutions:** Known for offering practical and actionable out-of-the-box thinking.
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- **Authentic & Engaging:** Uses humor and empathy to connect with audiences while delivering results-driven insights.
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- **Results-Oriented:** Focuses on helping clients and audiences adopt sustainable, long-term habits.
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# AREAS OF EXPERTISE



- **Strength Training & Conditioning:** Customized programs for pain reduction, movement improvement, muscle building, functional fitness, and performance.
- **Weight Management & Nutrition Advice:** Practical strategies to help clients reach and maintain their goals.
- **Lifestyle Coaching:** Integrating habits that promote long-term health and well-being beyond fitness.
- **Fitness for Real Life:** Focusing on mobility, injury prevention, and sustainable routines.
- **Motivational Coaching:** Inspiring clients with humor, encouragement, and accountability.





## STATS & METRICS

### **Social Reach:**

Active community of followers across social media platforms.

### **Client**

### **Transformations:**

Helped clients achieve their personal fitness goals.

### **Workshop and Speaking**

### **Engagements:**

Over hundreds of sessions delivered with outstanding feedback.

# SERVICES

- **One-on-One Personal Training:**

Tailored fitness programs designed to meet individual needs, whether in-person or online.

- **Group Fitness Sessions:**

Fun, engaging workouts for all fitness levels that build community and camaraderie.

- **Corporate Wellness, Workshops & Speaking Engagements:**

Delivering insights on fitness, wellness, and mindset with humor and passion.

- **Fitness Content Creation:**

Informative blogs, videos, and social media posts that break down fitness myths and inspire action.

# MEDIA CONTRIBUTIONS

Gary Wagner offers:

- Expert commentary on fitness and wellness trends.
- Actionable tips for breaking into strength training, even for gym newcomers.
- Motivational strategies for overcoming barriers like gym intimidation or plateaus.
- Insights on balancing fitness with busy lifestyles.

As a media source, Gary is known for his approachable style, ability to provide clear, concise, and impactful responses, and for offering creative yet realistic solutions with out-of-the-box thinking tailored to diverse audiences.



# MEDIA APPEARANCES

Gary has shared his expertise through:

- Podcast Features: Sharing insights with humor and actionable advice.
- Guest Articles: Breaking down fitness myths and offering practical solutions.
- Community Workshops: Teaching fitness fundamentals in an interactive and approachable way.



# MEDIA CONTRIBUTIONS

6PM TO MIDNIGHT

## TALK SUNDAY EVENING

OPEN LINE & SPECIAL GUESTS



with Cheralyn Darcey



### CAN YOU EXERCISE NOT MATTER WHAT?

#### SPECIAL GUEST

Gary Wagner

Personal Trainer

says yes no matter your age or physical challenges and shares how



FIND YOUR LOCAL STATION

Gary appeared as a special guest at the *Talk Sunday Evening* with Cheralyn Darcey and shared his expertise by communicating ways to exercise no matter your age or physical challenges.



# STORIES

These are some testimonials from people who love Recalibrate

*‘ Gary has helped me by getting me to go back to the basics and getting my body right. He has an awesome team that really know their stuff who have helped me along the way. ‘*



**Erin Bull**

Director  
O'Brien Electrical  
Yarraville

*‘If you're looking for a PT who cares, experienced, and never stops driving and pushing you to the best version of yourself, give Gary from Recalibrate a call!’*



**Keith Chen**

Managing Director-  
Morc Interiors  
Morc Pty Ltd

*‘He really just resonated with me. He is very holistic, I'm feeling really good in myself. Even techniques in terms of breathing, and just simple things that I was never really aware of has just changed my whole perspective of getting back into training again.’*



**Sarah Bridgman**

Director  
Pace Insurance