

# Profile

Talent Management

## TIFFINY HALL



Tiff is one of Australia's most trusted health & fitness experts with 20+ years of experience training celebrities, professional athletes and everyday women.

Tiff is renowned for her 6th Dan Taekwondo black belt, and her TV roles as Gladiator and a trainer on The Biggest Loser. She is the author of over 11 books including "Snack Power", and a TEDx speaker. Tiff's popular NOVA podcast, "Bounce Forward" recently won Radio Today's 'Best Health and Wellness Podcast' award.

She is also the Founder of the MYTXO app – an online fitness program dedicated to women –

which has trained over 500,000 members.

Her ongoing contribution in the wellness industry has been profound. In 2019 she appeared on the cover of Women's Health magazine and was voted as one of the most FitFluential trainers. In 2022, she was the first pregnant woman in history to grace the cover of Women's Health magazine.

Tiff is the expert of choice by media professionals and is highly sought after as a motivational speaker.

**YouTube:** [@MYTXO](#)

**Podcast:** Bounce Forward with Tiff Hall

**Instagram:** [@tiffhall\\_xo](#)

**Twitter:** [@tiffinyhall](#)

**Website:** [mytxo.com/](#)

**Facebook:** [@tiffhallxo](#)

**Talent Manager** – Michelle van Raay

[mvanraay@profiletalent.com.au](mailto:mvanraay@profiletalent.com.au)

+ 61 3 8598 7810

**Profile Talent Management Pty Ltd ABN 81 105 752 903**  
**323 Montague Street, Albert Park, Victoria, 3206, Australia**  
**T: +61 3 8598 7810 F: +61 3 8598 7877**