



Dr. Garry Egger has qualifications in behavioural biology and epidemiology. He has worked in public, corporate and clinical health for over 4 decades. He is the author of 30 books (including five texts) nearly 200 peer-reviewed scientific and research articles and numerous popular media articles on health and fitness. He is an Adjunct Professor of Health and Human Sciences at Southern Cross University and an Advisor to the World Health Organisation and several Government and corporate bodies in chronic disease prevention. In the 1990s Dr Egger initiated the GutBusters, men's waist loss program, the first of its kind in the world. He started training programs for Fitness Leaders in Australia in 1982, was one of the initiators of the Australian Lifestyle Medicine Association (ALMA) in 2008 and runs CPD courses in Lifestyle Medicine for doctors and allied health professionals around Australia and the Pacific. Together with Professor John Stevens and Professor John Dixon from the Baker IDI he began testing the idea of Shared Medical Appointments (SMAs), in Australian Primary Care Centres in 2013 in order to increase efficiencies and outcomes in chronic disease management. Dr Egger received an Australia Medal for his services to medical education and health promotion in 2012. His recent interests and publications concern the links between lifestyle, obesity, chronic disease, climate change and economic growth.