



EXPERT BIO

DR GINA CLEO

EXPERT IN HABIT CHANGE AND WELLBEING & DIETITIAN

DR GINA CLEO IS ONE OF THE WORLD'S LEADING EXPERTS IN HABIT CHANGE AND WELLBEING AND HAS DEDICATED HER CAREER TO HELPING PEOPLE UNDERSTAND THEIR HABITS AND HOW SMALL CONSISTENT STEPS CAN LEAD TO LONG TERM IMPACTS ON AN INDIVIDUAL'S HEALTH AND WELLBEING.

Dr Gina Cleo has a PhD in habit change, specialising in sustainable health and wellbeing and is an Adjunct Professor at Bond University, and the Director of the Habit Change Institute. Gina also holds a Bachelor in Health Sciences with a double major in Biomedical & Sport Science & a Masters of Nutrition and Dietetics.

After spending 11 years working as a clinical dietitian in hospitals and private practice, Gina discovered a purpose beyond the clinic and decided to focus on "the why", after seeing many people lose weight, only to gain it back again.

In 2017, Gina completed her PhD at Bond University in sustainable habit-change to achieve positive, long-term health and wellbeing outcomes. Gina is now recognised as a leading Australian researcher in the area and has developed two programs through The Habit Change Institute, which she founded – Creating Healthy Habits and the Habit Practitioner Course. She loves applying her research insights to the real world by communicating evidence-based research and methodologies in an authentic and relatable way that's digestible for everyday Australians.

Her research has been published in highly reputable medical journals globally and she has appeared on over 200 news outlets, including many Australian television networks, sharing her expertise on ABC News, Channel 9's Today Show and Channel 10's Studio 10 and internationally on America's NBC News. She has also featured in a number of publications such as the New York Post, 9Honey Coach, Women's Health, News.com.au and MiNDFOOD.

An intelligent and charismatic woman, Gina is also passionate about promoting and supporting women in STEM, and these days she divides her time between research and lecturing at Bond University and working and consulting with corporates and health practitioners to change lifestyles and workplaces and inspire healthy habits.

In January 2024, Gina released her first book *The Habit Revolution* and it is already climbing up the bestseller charts.

Dr Gina is available for keynotes, brand and campaign partnering, content creation, and media opportunities.



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