



About The Glucose Club

The Glucose Club is made up of Dr Adam Fraser and Christine Amarego.



Dr Adam Fraser started his career as an academic, although he quickly discovered that staring down a microscope was not nearly as much fun as interacting with human beings. Eight years ago he cut the University umbilical cord and moved into the real world. He is now highly sought after as a keynote speaker, who has spoken all over the globe on the subject and regularly appears on television, radio and the print media. His PhD examined how physical activity and diet intake can prevent the development of type 2 diabetes. He is an Accredited Exercise Physiologist who has served on state boards for Sports Medicine Australia (SMA) and the Australian Association for Exercise and Sports Science (AAESS). He now works with some of Australia's most influential corporate leaders, helping them improve their performance and quality of life.



Christine Amarego has two Masters (yes – one was not enough), one in Ergonomics and the other in Exercise Rehabilitation. She has unique and comprehensive experience in Chronic Disease Management with over 10 years experience, having worked for over six years at the Heidelberg Repatriation Hospital in Melbourne as the sole Accredited Exercise Physiologist. She played a key role in developing the Veteran Services program – primarily rehabilitation and exercise training (they affectionately referred to her as the little “Sergeant Major”). These groups flourished from 12 participants to over 120. She is an Accredited Exercise Physiologist and former director of the state board for the Australian Association for Exercise and Sports Science and coordinator of the Exercise Physiologists in Hospital Network.

The Glucose Club has a vision to change the way Australians look at health. We want to improve the quality of life of the people we come into contact with. Our mission statement is:

“Any day that a family is without one of its members because of a preventable disease is one day too many”.

The Glucose Club Philosophy

Most lifestyle programs are just a hit of information that is untailed and a one size fits all approach.

You only have to turn on the TV to be aurally abused by a guy with a bad fake tan on an infomercial selling you the latest piece of fitness equipment and revolutionary new diet.

The one thing the medical community knows for certain; short-term fads never ever work, especially in the long-term.

We don't have an information problem (we are a single Google click away from information on anything); we have a process problem (taking consistent action).

Our philosophy at The Glucose Club is that people need the right advice, delivered in the right manner, at the right pace.

So this is a fad-free zone; a fake-tan-free zone and we are committed to helping people improve their wellbeing through real strategies that work. All our advice is based on medical evidence-based practice.

We focus on altering your lifestyle to improve your physical health, your mental health and your energy levels. It's about getting more out of life.

Many people know what they are supposed to do to improve their health; the difficulty is knowing where to start and how to maintain momentum. The Glucose Club know that successful, sustainable change in lifestyle depends on the experience people have when they go through the change process.