

KEYNOTE SPEAKER: DR ZOE WILLIAMS

TIME: 13.30 – 14.20

LOCATION: BANQUETING HALL

Dr Zoe Williams MBBS, DRCOG, MRCGP is a Medical Doctor/GP, Media Personality, Fitness and Physical Activity Expert, Motivational Speaker and Ex-Gladiator. At the NEPG conference, she will tell us more about her varied and successful career, and the different ways she has made an impact in the fields of medicine, science communication, and health.

Dr Zoe graduated from Newcastle Medical School in 2007, with recognition for high achievement. She has gained experience in many specialist fields within medicine including A&E, Cardiology, Respiratory and Acute medicine, Surgery, Dermatology, Oncology, Obstetrics and Gynaecology. She currently practices as an NHS General Practitioner in London. Her specialist interests include preventative medicine, sports medicine and tackling chronic health through lifestyle measures such as healthy eating and physical activity. She is clinical lead of Public Health England's GP clinical champion network and also leads on work to promote physical activity and healthy lifestyle with The Royal College of General Practitioners.

Zoe is one of the resident Doctors on ITV's **This Morning**. She also frequently features as a presenter/ expert on the **BBC's Horizon** and **Trust Me I'm a Doctor**. She specializes in debunking the confusing world of medicine, in a fun and entertaining way. As a GP she is fluent in all subjects relating to health, and is respected within the medical world as an expert in the fields of physical activity, obesity and lifestyle.

Zoe's passion in life is to help people achieve and maintain good health through exercise and physical activity, particularly with children and the elderly. In 2009 she founded the organisation



Sportsgirls, which aims to increase the physical activity of teenage girls by inspiring, educating and motivating them to be healthier and more active. In 2013 workshops were also developed for boys and the organisation was renamed **Fit4Life**.

Zoe has written for numerous publications on the topics of health, fitness and diet and has consulted for various nutrition and sports brands such as **Justslim**, **Innocent** (smoothie) and **Maximuscle**.

Zoe's unique combination of skills and achievements combined with her likeable, outgoing, down-to-earth personality, make her an authentic and credible asset. Her ambition is to continue to combine her dedication to medicine, her passion for health and fitness and her career in media and she is always delighted to hear about new opportunities.