



**Diana
Broadcaster**

&

**Moran
Presenter**



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Health and Fitness Expert, Diana Moran is best known as Britain's 'Green Goddess'. Diana was the first person to launch **Breakfast Television** in the UK and her successful career as a fitness guru has spanned **four decades**.

Unbelievably, 2009 will see Diana enjoying her 70th birthday – despite looking at least thirty years younger! She is a testimony to healthy living and has now been dubbed **Britain's Jane Fonda!**



And for anyone who needs proof - this photograph was taken in February 2009!

Diana is known to generations today from her regular appearances on **BBC Breakfast** as well as being the fitness expert for **FIVE's 'The Wright Stuff'**. She is a prolific writer with **eleven titles to her name** - her last book was "**Live Longer, Feel Younger**" published by Hamlyn.

Diana's TV career has spanned as many decades and most recently includes The **Oversea's Property Channel's Daily 'Retire Abroad'** show with Peter Purves, a co-presenter for daily show **'How to Buy Abroad'** and her **BBC series** filmed around the UK - **'Castle in the Country'**.

Diana works with leading supplements and vitamin's Company **Solgar** to continue to educate women of all ages on keeping healthy - but especially targets her message to **'Women Who Weren't Born Yesterday'**. She says "**Women like me have so much to do in the rest of our lives - we're not as young as we used to be, but we're not as old as some people think we should be! We know that staying healthy means we enjoy our lives so much more – and there are no quick fixes – we weren't born yesterday!**"

Diana is also heavily involved with charity, especially those concerned with cancer, cerebral palsy and older people.

Her extensive experience in radio, television and the stage spans over 45 years. Today she writes books and articles, presents on Radio and TV, and facilitates conferences and corporate events. She specialises in women's issues, ageism, health, fitness and beauty.

Diana is a fully qualified teacher of exercise. In 1993 the **Exercise Association of England** presented her with their **Special Achievement Award** for her work in the fitness world over 25 years.

Born and bred in the West Country, Diana now lives in Surrey. She has two sons, three granddaughters and one grandson. Her hobbies include painting in oils, gardening, boating and ski-ing.

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Writing & publications

Diana is an author and member of The Guild of Health Writers and a regular contributor to magazines, newspapers.

Publications

- Live Longer, Feel Younger, Look Great (Hamlyn - 2006)
- Fresh Face – the easy way to look 10 years younger (Hamlyn - 2005)
- Bone Boosters (Paper back – Boxtree 1995)
- Bone Boosters (Boxtree 1993) reports on the fragile bone disease Osteoporosis.
- Ease into Fitness (Boxtree 1993) addresses exercise and diet.
- Daytime Live (BBC Publications 1990)
- A More Difficult Exercise (Bloomsbury 1990 paperback)
- (Translated into Russian by a Russian Cancer Surgeon, it was published in Russia Spring 1997)
- Look Good Feel Great (Jarrod 1989)
- The Bottom Line (Sidgwick & Jackson 1989) looks at the problem of cellulite.
- A More Difficult Exercise (Bloomsbury 1989) - Diana's autobiography and story of her successful fight against breast cancer.
- Get Fit with the Green Goddess (BBC Publications 1984)

Broadcasting

Radio

- 1981–2007 Regular guest appearances on national and regional BBC and Independent Radio stations
- BBC Radio Bristol – 1970 -1980
- Radio West – 1970 - 1980

Television

- 2007 co-presenter - How to Buy Abroad – Overseas Property TV
- 2006 – 2007 co-presenter - Retire Abroad - Overseas Property TV
- 2006 Reporter - BBC Castle in the Country
- 2000 – 2006 Regular guest appearances on national and regional BBC and Independent TV stations
- 1999 co-presenter Espresso - Channel 5 - daily consumer programme
- 1992 - 1993 BBC Primetime presenting weekly own strand - exercise for the more mature
- 1990 - 1991 BBC Daytime Live – weekly own strand Fabulous at Fifty - in depth look at women's physical and mental well-being.
- 1986 - 1989 co-host of ITV Look Good Feel Great - health and fitness programme
- 1985 BBC commentator Paris Fashion Week.
- 1985 BBC TV's fashion commentator for Royal Ascot
- 1983 - 1987 BBC TV's Breakfast Time – own daily strand – Get Britain Fit - exercise and healthy living
- 1979 – 1982 ITV Here Today – co-presenter including own exercise spot

Teaching qualifications include

- Exercise to Music (RSA/YMCA)
- Teaching 50+ adults (RSA/YMCA)
- Aquaerobics (RSA/YMCA)
- Reebok Slide
- Reebok Step

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- Reebok Bodywalk

Videos include

- Fit for Mid Life (Dr Maryon Stewart 2007)
- FitFace - facial exercises (Polygram 1996)
- 3 in 1 Workout (Polygram 1995)
- Ease into Fitness (Polygram 1993) received Good Housekeeping Magazine's top video award.
- Get Fit with the Green Goddess (BBC Enterprises 1985) is now a classic

TV and Radio commercials include

The "face" of Oil of Ulay's range of skin care products specifically designed for mature women. (Diana fronted extensive UK, Pan European, South African, Australian, New Zealand and Canadian Oil of Ulay media campaigns including T.V commercials, magazine and newspaper advertising)

- Oil of Ulay Pro-Vital (1994 - 1999)
- Oil of Ulay (1981 - 1982)
- Cadburys Marvel (1980 - 1981)

Theatre appearances include

- Cinderella - Fairy Godmother (Theatre Royal Windsor 1999)
- Cinderella - Fairy Godmother (White Rock Theatre, Hastings 1988)
- Aladdin - Genie of the Lamp (Beck Theatre, Hayes 1986)
- 1987 The Royal Tournament (adopted by The Royal Navy to appear with them in all performances as the Blue Goddess)
- 1984 Royal Variety Command Performance (their Royal Highnesses, the Prince and Princess of Wales)
- 1983 Royal Variety Command Performance (Her Majesty the Queen and the Queen Mother)

Big Screen appearances include

"High Spirits" (1987) with Peter O'Toole

Theatrical Productions include

- Producer/Choreographer/Presenter – Annual Devon County Show Theatre 1974 - 1983
- Producer/Choreographer/Presenter - countless Fashion Spectaculars 1972 –1983

During the past 18 years Diana has devoted much time working with health and sport organisations, and many hospitals, promoting women's health and well-being.

Diana regularly works for the major cancer charities and cancer support organisations including:

- Cancer Research UK
- Breakthrough Breast Cancer
- Breast Cancer Care
- Breast Cancer Campaign
- The Cancer Counselling Trust
- The Royal Marsden Hospital
- Look Good Feel Better

Guest Speaking includes

- Labour Party Conference 2000 representing Cancer Research
- Northern Woman of the Year 1999
- Labour Party Conference in 1999
- Symposium Mammographicam 1998
- Europe Against Cancer Week in 1991.

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- 6th International Breast Cancer Conference in 1990

Past achievements include

- Bristol Bordeaux Association (1960 – 1983), which organises the exchange of English school children with French counterparts – fundraising committee member for 15 years – Chairman for 2 years.
- Bristol Old People's Welfare (1966 - 1983) Chairman for 2. Years.
- St. John Ambulance in Avon (1975 - 1983) Chairman for 2 years
- Society of Stars (SOS) working for sufferers of cerebral palsy – committee member 18 years.
- Lord Mayor of London's Appeal Fund 1997 – a Vice President - in aid of Cancer Research Campaign
- The Cancer Research Campaign 1994 - Diana was proud to be one of 100 people to successfully complete the 32-mile fundraising "Le Walk" through the Channel Tunnel from France to England.
- Saga Group 1994 - figurehead for a countrywide series of Saga Festivals aimed at the 50+ age group
- Dorset Chartered Physiotherapists. 1994 - President of the Society

Present offices held

- Stage for Age (the show business arm of Help the Aged) Vice-President
- Osteoporosis Dorset - President
- White House Cancer Care Centre - Dudley - Patron
- Look Good Feel Better - Patron (helping cancer patients regain confidence after treatment)
- Breast Cancer Campaign – Patron
- Breakthrough Breast Cancer – Celebrity Ambassador
- Breast Cancer Care – past member of council. Committee member and Celebrity Ambassador
- Society of Stars – Celebrity friend (helping children and young adults with cerebral palsy)
- Support for Africa 2002 – Celebrity friend
- KingstonCan – committee member – Kingston Hospital Cancer unit
- Member of Patients Panel – St Peter's Hospital, Chertsey

Regular activities include

- Guest Lecturer aboard cruise ships including: - P&O Adonia, Aroura and Arcadia, Canberra, QE2, Saga Ruby, Page & Moy cruises, and Fred Olsen's Black Watch
- Diana has taught exercise and lectured on health and fitness extensively at health farms, holiday camps, sports centres - helping people of all ages and abilities with her infectious enthusiasm.
- Le Sport Hotel St. Lucia WI – fitness consultant
- La Source Granada WI – fitness consultant
- Champneys Health resort
- Henlow Grange Health resort
- Grand Heritage Hotels Health resorts
- Butlins Holiday camps
- Pontins Holiday camps