

The secret's OUT! **Luke Hines** is the 2025 World's Biggest Sit-In Ambassador

MHA is excited to announce that Luke Hines, health and wellness advocate, TV personality, and bestselling author, is the official Ambassador (and lead instructor) for Epijoint | Musculoskeletal Health Australia's 2025 World's Biggest Sit In (WBSI)!



Luke's passion for nutrition and healthy living, combined with his commitment to empowering Australians to get active is why he is the perfect champion to help us achieve the World Record.

Luke is a familiar face in Australia's health and wellness space. As a qualified functional nutritionist and personal trainer, he has built a loyal following by making healthy living accessible and empowering people to take charge of their health journey. His holistic approach including nutrition and movement means Luke is all about making sure Australian's can move and be active how they want to be!

Luke is on a mission to help Australians make small changes – such as incorporating more movement into their daily routines – which can lead to significant improvements in musculoskeletal health.

Epijoint | Musculoskeletal Health Australia's WBSI is a national call to sit down!

It's fun, inclusive and the perfect way to get moving no matter what your fitness level. It's also a great for your musculoskeletal health. Taking a seat and getting moving is the catalyst for a nationwide shift towards better musculoskeletal health. With Luke seating the charge, we will be making a real difference to Australia's musculoskeletal health and overall wellbeing.



Epijoint | Musculoskeletal Health Australia

The World's Biggest Sit In

Here's what you can expect:

- Train with the experts: Train for WBSI with Luke and other health and fitness professionals following a range of free chair-based workouts to help get you moving and feeling great.
- World record attempt: join Luke in person or online on Sunday 26 October and write your name in the history books as part of our world record attempt for the largest-ever chair-based exercise class.
- Expert tips and inspiration: Luke and other health professionals will deliver information on movement, nutrition and focusing on your musculoskeletal health – right to your inbox! So sign up now to make sure you don't miss a thing!
- Get connected: Be part of the seated movement via our social media - event updates, inspiration, merch drops and community challenges.



Grab a seat and learn how making small, positive changes can make a big difference. Whether you are at home, at work or school, you can improve your own, your family's, your friends', and Australia's musculoskeletal health.

If Australia is sitting, Australia should be moving!
Register NOW for YOUR musculoskeletal health!

REGISTER NOW

epijoint®

