



Dr. Larry Leigh
Director of Research and Training, WAVExercise & Nutrition Centres

Dr. Larry Leigh is an expert in all aspects of Whole Body Vibration (WBV) training, exemplified by his PhD in exercise physiology and his background in weight loss and whole body vibration exercise.

Dr. Leigh has been the Director of Research and Training for WAVExercise & Nutrition Centres since 2004 and was recently appointed to the position of Adjunct Assistant Professor in the Faculty of Human Kinetics at the University of Windsor. He has also obtained certification from the American College of Sports Medicine in exercise program development.

Dr. Leigh has amassed more than 30 years of health, fitness, and wellness counselling and 14 years in the health care services sector (primarily cardiac related). His experiences range from direct patient contact (cardiac rehabilitation, exercise programming, and weight management) to managing invasive and non-invasive diagnostic hospital areas.