

**REDISCOVER
BRISBANE**

THE CITY'S ARTS
SCENE COMES ALIVE

ADELAIDE'S
HILLY RETREAT

STAMFORD'S
SWEET TREATS

STAMFORD LIFE



RESHAPING LIVES

► FITNESS GURU AND TV PERSONALITY MICHELLE BRIDGES DISCOVERED HER PASSION AT AN EARLY AGE AND HAS BEEN INSPIRING OTHERS EVER SINCE, SAYS **FIONA HARPER**

A DETERMINED WOMAN WITH LASHINGS OF SELF-CONFIDENCE, Michelle Bridges is no shrinking violet. Her finely honed lycra-clad muscles are the motivation for most who encounter her seemingly boundless energy. She is perhaps best known in her long running role as a trainer on the reality television show, *Biggest Loser*, which tracks weight loss for overweight contestants. And many of their achievements can be attributed to Bridges' passion.

"I do this because I believe in it and love what I do," she says. "I have always wanted to make a difference to the health and fitness industry of this nation. My passion is fuelled by the results I see, as people turn their lives around."

She's a regular guest on other shows, writes a newspaper column and has published a handful of bestselling books. Bridges says her career path emerged early while still at high school. "When I was about 14 years old, there was a bunch of kids at school who used to just sit in the classroom during sports. I went up to my headmistress and suggested that I teach an exercise class. She said okay, and off I went," Bridges

recalls, adding that she quickly realised she was "actually alright at this". She promptly booked an area at her local squash courts and started teaching exercise classes to the public when she was 14.

Inspiring others comes naturally to Bridges. Qualifying as a fitness instructor, she soon progressed to

training fellow instructors. She also represented Australia in the World Figure Shaping Championships in the 1990s before being named Fitness Leader of the Year in 2004.

Seemingly unstoppable, Bridges is perhaps most passionate about her online 12-Week Body Transformation (12WBT) programme. She says the idea came about because she was flooded with personal training requests and couldn't keep up with the demand. Bridges thought: "What about creating an online training fitness and health programme? Who would have thought it would work?"

The 12WBT programme is a natural merger of Bridges' multifaceted talents. Taking her healthy living and fitness message globally, participants have shed a combined weight of over 100,000kg.

Keeping our bodies fit, active and healthy is hardly rocket science after all, and Bridges has found a way to wrap this message into an inspirational package.

A natural entertainer with a cheeky fun-loving style, this perennial high achiever is not expected to disappear into oblivion anytime soon. **SL**

FAST FITNESS

Michelle Bridges dispenses some tips for time-starved travellers:

1. Pack your trainers and make sure you use them to justify taking up valuable space in your suitcase.
2. Fitness apps are good for keeping fit while on the go. The Runkeeper is one of the best.
3. Plan workout schedules and add them to your diary.
4. Walk or run city streets early in the morning to combine fitness with exploring an unfamiliar city.
5. Avoid dehydration from air-conditioning by drinking at least half a litre of water as soon as you wake up.