



MARTHA LOUREY-BIRD

Exercise is no F-word for this fitness guru.

Why is it so hard to do enough exercise?

It's not, people just think it is. My book explains how you can easily do enough exercise by doing all sorts of little things that make a big difference.

Your clients include designers Trent Nathan and Lisa Ho. Do celebs work harder than we realise for their perfect bodies?

Nothing comes naturally – everything worthwhile takes a bit of hard work. So, if you see a great bod, rest assured they

are doing something right. I do think celebs possibly have more pressure on them. But hey, what great motivation to get fit.

Are personal trainers now more common among non-celebs?

Definitely. People often see it as a real helping hand. But a personal trainer is not the be-all and end-all – the only thing you really need to get fit is a decent pair of shoes and a flicker of motivation.

Is it better to do one big burst of exercise or lots of little ones?

Just as I don't advise binge-drinking, I also do not advise binge-exercising. Small amounts regularly are better than just one big workout once

a week (however, doing something is always better than doing nothing at all). The official guidelines I support recommend 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week.

Do people think you're obsessed with fitness?

I do get lots of people asking me 'How do you do it?', 'How do you stay motivated', 'How do you fit exercise into your busy life' so I've written all my secrets into my book. I want everyone to enjoy the many benefits you can get from regular exercise – it can change your life, for good.

■ *Exercise and the F Word*, by Martha Lourey-Bird (RRP \$29.95, Insight Publications) is out now
– VANESSA SANTER

MY TOP 5

WAYS TO GET FIT WHILE HAVING FUN

1. Water sports – swimming, snorkeling, surfing in the ocean.
2. Playing in a mixed touch footy team.
3. Going for “walk and talk” with a friend – not only is it a great way to catch up on goss, you get fit at the same time.
4. Playing, chasing, wrestling and outdoor games with my energetic little ones (son Clancy is five and daughter Opal is one).
5. Going for a run with my loyal dog, below.

TELL US SOMETHING WE DON'T KNOW

“ I was on Aerobics Oz Style. ”





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