

20 Questions with Therese

- 1. How did this all start for you?**
 - a. I started to really become interested in the body and food during school which led me to go on and study a Bachelor of Applied Science – Food and Nutrition at University
- 2. How do you stay fit?**
 - a. I try to combine healthy eating with exercise
- 3. How many times a week do you exercise?**
 - a. 3-4 times a week
- 4. Are you a cardio or a weights girl?**
 - a. I prefer cardio but I do some weights also.
- 5. What is your best and worst exercise?**
 - a. I like to run and I HATE burpees!
- 6. Do you eat chocolate?**
 - a. Absolutely! I make my own which can be implemented into my meal plans but I do love the occasional Kit Kat or choc coated sultanas.
- 7. What is your favorite food/meal**
 - a. Definitely ice cream! But breakfast time is my favorite meal of the day
- 8. What is your favorite restaurant?**
 - a. My very own kitchen! I love cooking healthy meals and snacks and I like to know what I am eating
- 9. Do you drink coffee?**
 - a. 2 a day! Skim lattes are my coffee of choice
- 10. Who is your dream person to have lunch with?**
 - a. Lorna Jane
- 11. Do you have a favorite brand?**
 - a. Lorna Jane and Esprit for clothing and Orotan, Mimco and Longchamp for accessories.
- 12. Who is your favorite music artist?**
 - a. I love Tina Arena – I have for as long as I can remember! I also like Michael Buble, Pink and Guy Sebastian
- 13. What are your top three priorities?**
 - a. On a daily basis; my girls, work and sleep
- 14. What is your greatest success?**
 - a. Definitely having my 2 children
- 15. If you could change one thing about your life what would it be?**
 - a. I would have had my children earlier and maybe then had room for one or two more!
- 16. What do you love most about your work?**
 - a. The fact that I am helping to change people's lives
- 17. What are the essentials in your handbag?**
 - a. My phone, iPad, deodorant, perfume, lipstick, business cards and a pen
- 18. How do you relax?**
 - a. Sitting down having a quiet cup of coffee on my own
- 19. Do you have a favorite holiday destination?**
 - a. We love going to Kingscliff to getaway.
- 20. Do you own a pet?**
 - a. No, but if I did it would be a Cavalier King Charles. When the girls are a little older we will get one!