

Five minutes with...

## SIMONE WALTERS



### **What does your typical day look like?**

I've got three young kids so it's a lot of chaos in the morning. After I get them out the door to school I often have a PT session with Brett mid-morning. So I'll go to work first, come into the gym and then go back to our business until about 4pm and do the typical kids sports, chaos for dinner, homework and that's me done for another day.

### **What motivates you?**

Making sure my kids see that I'm living a healthy lifestyle is one of my big motivations. We're quite into sport as a family and we've always been active- it's an important message to pass on through the generations.

### **You're a proud North Queenslander- what is it that you love about our region?**

I'm a born and bred Townsvillian, a born and bred North Queenslander. We have a business in Townsville and we're really supportive of supporting local trades and businesses and we love the small-town community coupled with the opportunity available in Townsville to be successful. It is the best life to raise a family.

### **Why Body Torque?**

Brett and Peta are beautiful people. When I started at Body Torque I loved the way that Brett took me through processes, not just with exercise but how I was eating and my food intake. It really is a great place to be.

### **Motivational thought for the day?**

Just get it done. No one wants to do it at the beginning, but once you've got that exercise out of the way, you'll always feel better for it.

