

Five minutes with...

DALEEN POTGIETER



What does your typical day look like?

I'm a mother of two full grown children now. I used to have a very busy life with my children but my eldest daughter turned 20 this year and our son recently turned 18, so everyday life for me lately is looking after my bigger child which is my husband.

I'm a group fitness instructor at another gym so I always try to prepare for my classes very well, I don't like to show up being unprepared.

I'm also a farm girl, we've got a property so every now and then I have to go out and do a bit of maintenance.

What motivates you?

It's a mental thing, I feel guilty if I haven't moved enough during the day. I'm wearing a polo watch which tells you how many steps you do each day and if I reach only 60 per cent by 4pm I'm really disappointed in myself because I feel I haven't done enough.

I'm very precise in what I do and I'm someone who, if I don't do something well, I'm going to keep doing it until I'm good enough. It's how I have been since I was a child, having been an athlete when I was younger.

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

The winters, I love it here. I do hate the cold.

We came here 17 years ago from South Africa and it's been a great place to raise children. Townsville is not too big, it's not too busy yet it offers all of the opportunity a big city can give you.

Why Body Torque?

I started training with Brett doing boxing and it has evolved into weight training and other things.

Brett is very loyal, I enjoy him as a trainer, I love him as a friend, I love Peta too. They're more than trainers, they're like family.

Motivational thought for the day?

Just get up and do it. Regardless of how bad you've slept, how bad you have eaten, how awful you feel, just get up and move because in the end that is what makes you feel good.

