

FIRST PROFILE

NAME: KIMBERLEY GARLICK

AGE: 32

CLUB: BONDI PLATINUM

> How did you become a Fitness First Pilates instructor? I was first introduced to Pilates 15 years ago when I was dancing full-time. I moved into the fitness industry and studied human movement and nutrition while instructing all styles of classes. I did my first Pilates instructor training course 15 years ago and I am now a Master Trainer of Pilates. I have worked for Fitness First for four years and was delighted when they asked me to manage their first Pilates Studio at the Bondi Platinum club.

> What area do you specialise in? Pilates studio and mat. I also work with special needs clients including prenatal and postnatal women.

> Have you always had an interest in health and fitness? Yes, for as long as I can remember I have enjoyed exercise and what it can offer you both mentally and physically.

> What fitness program do you follow? I enjoy exercise that brings about positive movement experiences. Pilates is my main form of exercise.

> What about your diet? Healthy eating is essential. As a qualified nutritionist, I ensure that I eat breakfast and lunch, and have a light dinner. My snacks include fruit and low-fat muesli bars and I always drink plenty of water. However, I also enjoy a meal out with family and friends, and I'll always choose what my stomach desires rather than what my brain tells me.

> How do you relax? I love time with family and friends, and my horses. As a mother of three, relaxation becomes more like active rest. We all enjoy activity that is outdoors – for example horse riding, bicycling and visits to the beach.

> What do you love about your job? Results. I am confident that every client I work with will achieve positive outcomes. Pilates improves flexibility, strength, core control, posture and muscle endurance. Pilates also makes the body look great. ■

