



Dietitian Bridget Thompson with Billie and Mark Robinson

health+beauty

fresh habits



ONE WOMAN IS WAGING HER OWN WAR WITH AUSTRALIA'S OBESITY EPIDEMIC ONE HOUSEHOLD AT A TIME, AS **SHARON LUCK** DISCOVERS.

IT'S A battle of David and Goliath proportions as dietitian Bridget Thompson sets out to change Australia's obesity epidemic one fridge and pantry at a time. Bridget is visiting clients at home and helping them take a fresh new approach to what they feed themselves and their families.

"There is so much good healthy food out there but people are becoming increasingly confused by what they hear and see," she says. There is no "one-size fits all eating plan", and shakes and meal replacements are not the solution to the country's expanding waistline, according to Bridget.

But she's not recommending a strict diet plan either. "Food is more than just about eating – it's love, it's a joy, it's a pleasure," says the woman who admits she was an overweight child who was teased at school. She spent

years educating herself and then training as a dietitian. "It's wonderful to enjoy good food. I certainly do," she says.

Bridget started New Leaf Nutrition and devised this revolutionary approach to food training after moving to the Sunshine Coast from Melbourne last year. She's also working at a corporate level, with employers bringing her in to talk to staff in an effort to improve food habits in the workplace.

While the corporate role gives her access to lots of people, it's in the suburban home that she hopes to have multi-generational impact.

"I work with families to devise a plan that suits their lifestyle. I put a lot of energy and effort into supporting my clients as they make the change, keeping in regular email and phone contact and attending weekly meetings so that it keeps them on track and focused on

Tan-it-up
Tanning & Beauty

FULL HEAD OF HUMAN HAIR EXTENSIONS ONLY \$550!!

Formal packages available
Spray Tan \$35
Unlimited Solarium pack \$99

Also available...
Brazilian wax, make-up, massage, Reiki healings & much more.

NEW PRODUCT!
Naked Tan - only 2 hours to wait until you can shower!
All natural & smells like coconut.

CRAZY LONG WEEKENDS!
SUN - \$15 Spray Tans + \$6 Solarium
MON - \$20 Spray Tans + \$8 Solarium

Shop GD269 Sunshine Plaza 5443 9923
Open 7 days

MADAME DEMI INTERNATIONAL TRAINING SCHOOL

Fast track your career in the hair and beauty industry today!

Achieve your qualifications with the most reputable beauty school on the Sunshine Coast.

Cert IV Massage
Hot Rock Massage
Diploma Beauty Therapy
Cert II & III Hairdressing
Acrylic Nails & Gel Nails
Make-up Artistry

CENTRALLY LOCATED IN KAWANA

TAKING ENROLMENTS NOW
Spaces filling fast, so get in quick...

Call for an appointment or visit the website for more information.

Madame Demi International Training School
07 5491 3041
www.madamedemi.com.au

Platinum Acrylics

20% off all thermal ionic straightening until 29 Feb
Call for a **FREE** consultation with Lisa Kidd, over 5 years experience with Thermal Ionic.

STRAIGHT!
Shiny! Silky!
BEAUTIFUL HAIR!

thermalionic

Shop 3, 40 Glen Kyle Drive
Headland Park
Ph 5479 1944

Opening hours
• Mon CLOSED • Tues 8.30-5
• Wed 9-5 • Thur 9-late by appt
• Fri 9-5 • Sat 8.30-late by appt