

"SHE'S INSPIRED HER NINE-YEAR-OLD DAUGHTER TO LOVE SPORTS AND WORK OUT EVERY DAY"



LILLIANA, 9

NATALIE, 46

ON LILLIANA: Hoodie, \$44.95, from Good Heritage; Shorts, \$29, from Cottage On Kids; Sneaker shoes, \$79, from Reebok Junior. ON NATALIE: Sports bra, \$69.99, and sports shoes, \$129, from Reebok; Pants, \$79.99, from Topshop.

When **Natalie Doe** turned 45 years old earlier this year, she kicked off her birthday celebrations by competing in a fitness burpee challenge with her husband and their nine-year-old daughter, Lilliana. It's clear that Natalie doesn't run a typical household—and she isn't your typical mom either. She is also an athlete, personal trainer, and entrepreneur—she runs her own fitness website called *The Daily Escape*.

Yes, she literally lives and breathes all things fitness, but this hasn't always been so. Natalie was previously working in the corporate world where frequent business trips and late-night conference calls were the norm. She made a career change in 2013 as she was looking for a new challenge, and the rest, as they say, is history. Most notably, she's become a foregoable competitor in obstacle course races. In 2015, she was talked into trying out the first Singapore Spartan Race by the CEO of Spartan Race Australia. "I had no idea what was in for," she says.

After the first race, she was hooked and has since gone on to compete in three events on a good level. Her biggest fitness achievement to date is finishing first from Age in the men's and women's category of The Spartan World Championships in the USA last year.

"Today, Natalie is also an ambassador for gyms like Trifecta and brands like Reebok. She works out for at least 45 minutes every day, doing CrossFit, road running, track and/or gym sessions.

"You may think that juggling all these commitments will leave her no time to be a mother, but she has always made it a point to be present for Lilliana in fact. Natalie has played a key role in developing her daughter's active lifestyle.

"As part of my time management, I try and get a bit of my exercise in when she is at school or before she wakes up, and then I get her to watch her favourite TV in her own sports," says Natalie.

As such, Lilliana started swimming when she was six months old and was doing mini tennis and dance by the time she was two.

Now, Lilliana does Brazilian Jiu-Jitsu, badminton, swimming and athletics. It has always been Natalie's intention to expose Lilliana to various sports—she's the one that will lay the foundation for her to do anything, she says.

"Sounds overwhelming? Not for Lilliana. Even on Mondays, her only free day of the week, she chooses to do some physical activities.

"On Mondays, I relax, watch TV and sometimes go for a swim or downstairs to skateboard," says Lilliana. "I want to be like mommy."

Growing up in a household where fitness runs in the blood, and seeing her mother head out to run or hit the gym is nothing unusual to Lilliana. That's why being healthy and exercising has become part of her lifestyle, says Natalie.

Under Natalie's guidance, Lilliana has learned to make healthy food and lifestyle choices on her own. She has only ever eaten at McDonald's once in her life and she absolutely doesn't mind that. Instead, she starts every morning with a smoothie and regularly packs lunch to school.

And when it comes to spending quality time as a family, walking out together through other activities. They go for runs and Natalie brings Lilliana along to her athletics training twice a week and launching workout once a week.

I WORK OUT BECAUSE... It makes me a nicer person.

TO ME, BEING A GOOD MOM MEANS... Inspiring my daughter to be strong, and inspiring her to be the best that she can be.

MY DAUGHTER INSPIRES ME TO... try new things and be a better human.

MY BIGGEST TIME-SAVING TIP IS... always be prepared for the next day. I go to bed with my clothes planned and ready, food organised and bag packed so I can hit the ground running. Literally! The investment in taking those 10 minutes at night to do so pays dividends the next morning.

IF I ONLY HAVE FIVE MINUTES TO WORK OUT, I WILL... do push-ups, sit-ups, sit-ups, sit-ups and burpees for 30 seconds each, taking 10 seconds of rest after each exercise.

WHEN OTHER MOMS TELL ME THEY DON'T HAVE TIME TO WORK OUT, I SAY... you need to make time as no one else is going to do it for you.

TO ME, WORKING OUT IS AS IMPORTANT AS... eating.

MY MOTTO AS A MOM IS... don't sweat the small stuff as no one is perfect. We are all doing the best we can. ☺