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INSPIRATIONAL *women* IN HEALTH + FITNESS

paula pool

OWNER & PERSONAL TRAINER | BOD POD TOWNSVILLE & FUEL PT SOLUTIONS

A need to transform her own life is what led Paula Pool to becoming a personal trainer and award-winning bodybuilder.

The mother-of-two says: "I was overweight, I smoked a packet of cigarettes a day, and I was extremely unhealthy. When I was getting married, I bit the bullet. I went to a personal trainer and lost 25kg. The trainer asked if I wanted to enter a bodybuilding competition and it all started from there."

Paula has since been a personal trainer for a decade, launching her own business, Fuel PT Solutions, four years ago, based at Muscle and Fitness Domain in Garbutt. She trains a broad range of clients in one-on-one and small group sessions, from body builders to post-pregnancy mums, rehabilitation patients, business professionals, and people just looking to lose weight and gain some muscle.

She has also recently launched another business on-site, Bod Pod Townsville. Amongst other things, the non-invasive Bod Pod measures the body composition (fat versus muscle) of users, sitting in a chamber, by using air displacement plethysmography.

"The Bod Pod can help everyone doing any form of exercise or just wanting to manage their weight by providing information like your accurate body fat percentage and estimated resting metabolic rate – as in, how many calories your body is burning at rest," Paula says. "Essentially clients will have all the information and indicators they need to accurately monitor their progress to lose fat, gain muscle or both. A lot of professional sports teams use the Pod."

She adds: "The Bod Pod is a precise medical instrument. There are only a few Pods in Australia – in universities and hospitals."

On a personal level, Paula last competed as a bodybuilder in 2007 before she fell pregnant, winning the Australasian Natural Bodybuilding's Miss Australia and Miss Queensland titles in the under-52kg category. "Probably the highlight of being successful at that was it leading to what I do now. I love seeing my clients transform. They're my motivation."

As for general health and fitness tips, Paula says: "I think a lot of people are looking for that magic pill that's going to make them fit or skinny instantly, but there's no magic behind it. Just eat clean – keeping sugar, dairy and processed foods to a minimum – exercise every day, and lift weights. Especially women, don't be afraid to go to the gym – lifting weights is good for your bones and body."