

A DAY IN THE LIFE OF LIAN MONLEY

*Corrective Holistic Exercise
Kinesiologist Practitioner*

Trying to achieve a perfectly balanced lifestyle can be a full time job for some, and for most people that time just isn't available. That's where Lian steps in. As an accredited C.H.E.K practitioner, she has set herself up as a lifestyle and fitness coach available to help those in Bali who are in need of some life direction. The Beat caught up over a green tea to find out exactly what that means...

"Most people believe that training and eating well epitomizes good health," Says Lian. "The truth is they are only two elements of one's complete training. These elements are Physical, Mental, Spiritual and Nutritional. When you start to combine these four elements into your world you simply complete the balance."

The approach...

"Living in Bali is a tough place to do this for most people. It's all or nothing here so before the island chews you up and spits you out I try to salvage what health people have and introduce a balanced program that works on a physical, mental, spiritual, emotional and nutritional level, whilst still allowing people to live a lifestyle they want to live."

And the balance is?

"Sun, surf, relaxation and nightlife tend to sum up Bali, so I teach an 80 / 20 balance. That balance is hard to find here, but if you're eating, drinking, sleeping and training 80% of the time you can afford to do what you like to do in the other 20%."

What do you get out of it?

I love my job. Quite often people are at the end of the line, their bodies are broken and they cannot do the things they love to do anymore. People's health is like a jigsaw puzzle, they give me all the pieces then I put them back together the right way and find the missing pieces to complete the puzzle. Training is a process. I normally have to unwind the body then build it back up again before it functions properly.

Lian is conducting a series of women's surf and wellness retreats in Bali commencing September 5. The focus of these retreats is on fitness, fun and pampering with progression in the surf. For more info check out www.lianmonleywellbeing.com

