



Tiffany Hall

Who Trainer on Channel 10's *The Biggest Loser* and writer. Her latest book is *Fatloss For Good: The Secret Weapon* (Hardie Grant Books).

Born Melbourne, 1984.

Lives In Sydney.

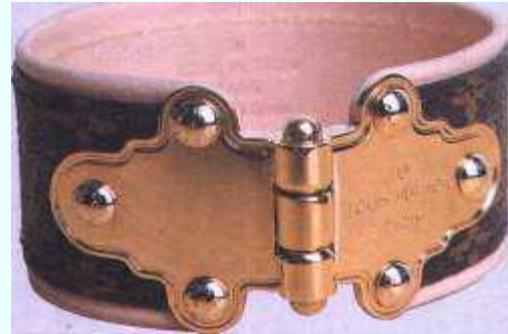
Typical Saturday morning
If I don't have to film on a Saturday, I'll go out early for a run when the sun's coming up.

Emergency snack Nuts or a can of tuna, and I always have punnets of blueberries in my handbag.

Signature dish I love cooking kangaroo with sweet chilli sauce and bok choy.

Happiness at home Reading a good book with my view and a steaming cup of coffee.

On my bedside table Stacks of books – a lot of young-adult novels – and magazines.



Cuff This is a Louis Vuitton cuff that was a gift from my parents. I film away from home for half the year (for *The Biggest Loser*) so I wear it often to remind me of my family. I love that it's elegant and timeless. And I love a cuff because I'm not very good with delicate jewellery. I'm quite active, and this is durable. I'm very close to my family. My parents are black belts (in taekwondo) and they have martial-arts schools. I grew up practising taekwondo with them. My father went on to be an Olympic coach in the sport. He coached Lauren Burns to an Olympic gold medal in 2000. My parents instilled in me a sense of pride in pushing my body athletically. Fitness was important, not how my body looked. It was never about weight.

Figurines Martial arts, for me, is a way of life. I practise it daily. It teaches me to respect my body, respect other people and inner awareness: thinking clearly and making good choices in life. I have my fifth dan black belt in taekwondo. I collect everything to do with martial arts, from books to key rings. The figurines remind me to be a warrior: to be strong and to believe in myself. I used to be a bit shy of my martial arts (passion). At school, the girls were all into ballet and I was into contact sport. So I love looking at my collection. It reminds me that you have to be yourself and it's all right to be a little bit different.



View (pictured above) The view from my apartment is one of my favourite things – how could it not be? It's what I wake up to every morning. It's meditative and inspiring. Because life is so active, it's good to take time out to just collect your thoughts and be at peace.

Pens Ever since I was a young girl, my dream has been to publish a novel. I have a passion for creative writing – it's my hobby. A year ago I sold my first novel to HarperCollins and when I signed the contract they sent me these pens as a gift. They're very special to me. The book is now at the editing stage and it will be out in September. It's a young-adult book with a lot of martial arts in it. The girl (character) discovers she has ninja powers but she goes to a school filled with samurais, so there's a bit of a war between ninjas and samurais. I've also written three non-fiction weight-loss books. 🐾

