

# WOMEN'S HEALTH

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**KDHSVP 1998**  
**Personal Trainer**



## **What work do you do and why did you choose this field?**

I finished school not really knowing what career path to choose. I was not a sporty kid but loved being around people, loved learning how the human body worked, and wanted to earn a living doing so, and decided to do a degree in Sports Management and Sport Science.

I developed a passion for fitness and business. These fields together have helped me build and sustain a Personal Training practice for 16 years with a tremendously loyal clientele.

## **Why is it important for women to practice self-care?**

If we do not look after ourselves, who will? We need to look after our minds, bodies and souls and through physical activity we can do it all. It doesn't matter how we do it or what we do, but it must be a daily practise. We are our children's role models. If we do not look after the body and soul we have, why should they?

## **What small practices or actions can women take today to protect their health?**

Live a balanced life! Eat well (if you want that chocolate have a square or 2), sleep well (6-8 hours a night), exercise daily (release those endorphins), take time out for yourself (every day even if it is only 15 min a day), find something small every day to appreciate and be thankful for. At the moment life is tough, the pandemic is forcing us out of our comfort zones! It is a good thing! Embrace it...

## **What Jewish woman (past or present) inspires you and why?**

My late mother, Pam Kruger, will always be my inspiration. She raised 2 daughters with the beliefs and drive that we can do anything, be anything and go anywhere. She supported us no matter what. We were blessed to have her as our mother and the life lessons we learnt will be passed down to our children.

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