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# Sporty Sister Of The Week: Therese Kerr

MAY 09, 2013 MNB TEAM



This week's Sporty Sister Of The Week is Super-Mum, Therese Kerr. Well known for being Miranda and Matty Kerr's mum, she is also an educator, speaker, writer, visionary, and all-round health and wellness guru. Take a peek inside Therese's magical world.

**MNB: HI THERESE, WELCOME TO OUR HUMBLE MNB! TELL US A LITTLE BIT ABOUT YOURSELF.**  
I am a mum of two (Matthew and Miranda Kerr), a wife to Johnny (31 years this year) and I am proud to be a sensitive uplifting woman who was born in Australia and raised in country NSW. I have worked for most of my life in senior management roles or in my own businesses. I have won countless small business awards both for the businesses I worked with and also for my own businesses. In 2001/2002 I had tumours in my spleen and had to have my spleen removed. That was a turning point in my life. I questioned life a lot more, I questioned myself and my need to always be so in control and so determined and such a pain in the neck over-achiever. Having tumours in my spleen was the best thing that ever happened to me.

From an emotional perspective I have done a lot of work on myself over the years. I didn't know that I had suppressed emotions that I now believe contributed to my illness. I am a work in progress, every minute of every day, there is something happening with me on an evolution front. I have a peace that radiates from within me which is now so beautiful. I feel connected and do my best for the most part to live from the space of love, gratitude and grace. That doesn't mean I don't get upset or angry.... I do, but I acknowledge the feelings, deal with them and choose to release or to let them go as opposed to suppressing them; that in itself is a gift.

I believe that as every cell in our body forms part of us, every living thing on our planet forms our universe. For every thought, word or action there is an impact and I am forever mindful of that.

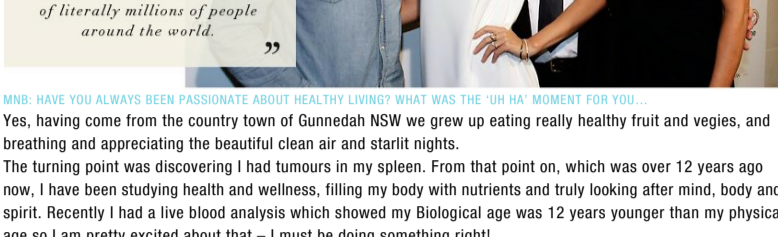
I practice mindfulness in my life daily, I meditate and I bring wonderment into my existence. When we bring wonderment we have the ability to see the beauty in all things.

I also released a co-authored book: "Lunchbox Solutions" (access it through <http://thereskerr.com/books/lunchbox-solutions/>) last year which is number one downloaded worldwide on iTunes in various categories and I am releasing a further four books in 2013; one is a deep very spiritual journey detailing the experiences that I believe led to my having tumours in my spleen and sharing the joy of actually now living from my heart which is I now practice.

So many things are happening in my life and I am excited about the possibilities that are opening up for me. I truly love Public Speaking and engaging people it is my passion to contribute and make a difference to other people's lives.

**MNB: SO, WORD IN THE BLOGOSPHERE IS YOU ...**

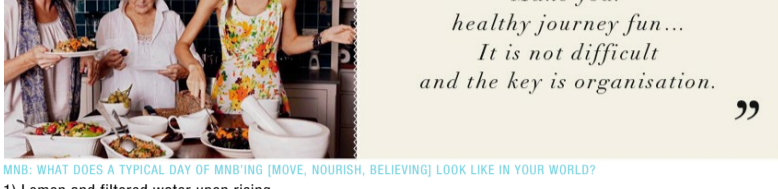
Are Miranda and Matty Kerr's mum, an educator living and breathing health and wellness, a writer, speaker, visionary and committed to making a difference to the lives of literally millions of people around the world; provide valuable information on all aspects of health and wellness in the hope that others take from it what serves them, leave what doesn't and in the process are left with the ability to make informed choices about their health.



**MNB: HAVE YOU ALWAYS BEEN PASSIONATE ABOUT HEALTHY LIVING? WHAT WAS THE 'OH HA' MOMENT FOR YOU?**  
Yes, having come from the country town of Gunnedah NSW we grew up eating really healthy fruit and veges, and breathing and appreciating the beautiful clean air and starlit nights.

The turning point was discovering I had tumours in my spleen. From that point on, which was over 12 years ago now, I have been studying health and wellness, filling my body with nutrients and truly looking after mind, body and spirit. Recently I had a live blood analysis which showed my biological age was 12 years younger than my physical age so I am pretty excited about that – I must be doing something right!

I fill my body with lots of raw nutrient, antioxidant rich foods, avoid sugar and high GI foods (after lunch and generally don't eat a lot of them anyway) and live by the 80/20 rule: 80% really healthy, 20% indulgent – everything is about balance. I try to limit my protein intake and meditate on average 50 minutes of a morning and 50 minutes of an evening. I love my life and I feel extremely blessed.



**MNB: WHAT DOES A TYPICAL DAY OF MNB'ING (MOVE, NOURISH, BELIEVING) LOOK LIKE IN YOUR WORLD?**

- 1) Lemon and filtered water upon rising
- 2) Meditate
- 3) Shower then say good morning to the world via Instagram and create my affirmation for the day
- 4) Exercise either cardio at NewLife Gym with a personal trainer (three times a week) or if not on cardio days I do toning exercises with Ricardo Riskalla
- 5) Make a healthy shake for John and I for breakfast (healthy includes a fresh coconut using coconut water and flesh, spinach, avocado, kale, sprouts, cacao, acai, Vital Greens Protein Powder, chia oil, chia seeds, mesquite, fresh fruit and blend it all up with some ice and almond milk)
- 6) Time to work, write my books, programs, answer emails, etc.
- 7) Lunch consists of a yummy salad with nuts and avocado, greens and sometimes a bit of fruit
- 8) Work or meetings
- 9) Dinner prep – healthy vegies and sometimes meat, but limited
- 10) Shower then say goodnight to the world via Instagram
- 11) Meditate for 50 minutes
- 12) Bed

**MNB: RIGHT, SO IF YOU HAD TO CHOOSE...WHAT WOULD BE YOUR TOP 3 'CAN'T LIVE WITHOUT' FOODS OF ALL TIME?**

- 1) Fresh coconuts
- 2) Coconut oil
- 3) Farm fresh or certified organic produce

**MNB: WHAT DOES HAPPINESS LOOK LIKE TO YOU?**  
Having the family together celebrating and laughing, having fun and just being present in the moments together.

**MNB: WHAT ARE YOUR FAVE L3 PICES TO MOVE INT?**  
**MNB: WHAT ARE YOUR FAVE L3 PICES NOT TO MOVE INTO?**

- 1. Activated nuts (walnuts, almonds)
- 2. Homemade raw, highly nutritious, antioxidant rich protein bar (recipe on my website: [www.thereskerr.com](http://www.thereskerr.com))
- 3. Kale or beetroot chips!

**MNB: WHAT ARE SOME OF YOUR BEST-KEPT BEAUTY SECRETS?**

- 1. KORÄ Organics products are honestly amazing. They are certified organic goodness.
- 2. Certified Organic shampoo, conditioner and hair oil – I am bringing out my own range in this so stay tuned. On average women put around 200 chemicals on their body a day so avoid chemicals and use certified organic only – only certified is the guarantee that it doesn't contain nasties
- 3. I make lots of raw food and when I am doing it, like making an antioxidant rich cheesecake, I make a little extra and put it on my face and arms – awesome goodness!

**MNB: BEST ADVICE YOU HAVE EVER BEEN GIVEN?**  
Don't take anything personally and don't make assumptions.

**MNB: AS A BUSY MUM, AUTHOR AND BUSINESS WOMAN, HOW DO YOU STAY ON TOP OF IT ALL & KEEP PERFORMING AT YOUR PEAK?**  
Well my children are grown up now – bless them – but Matt in particular is never far from home which is beautiful. I now work from home and the key there is discipline – turn the computer off when you have done your work for the day, otherwise an imbalance occurs and that is not good for anyone! Exercise and feeding my body and my skin healthy nutrients is essential part of my life. I wouldn't be able to do what I do if I didn't look after my body, mind and spirit. Also, taking time out for me – I do that in my meditation, and also if I go for walks and when exercise I don't feel guilty about taking that time.

**MNB: YOU'RE VERY FAMILY ORIENTED – HOW WILL YOU SPEND THIS MOTHER'S DAY?**  
I wish it was with both my children and my grandson but Miranda will probably be overseas so I'll be thinking of her but not with her unfortunately. We will have a lovely family dinner or who knows they may even take me out somewhere nice for Mothers Day. It's interesting as my husband never organises anything for Mothers Day as he says, and rightly so, "You are not my mother". He has learned to tone that down a little and say "But if the kids don't organise something, because you are the mother of my beautiful children and because I love you, I will organise something special".

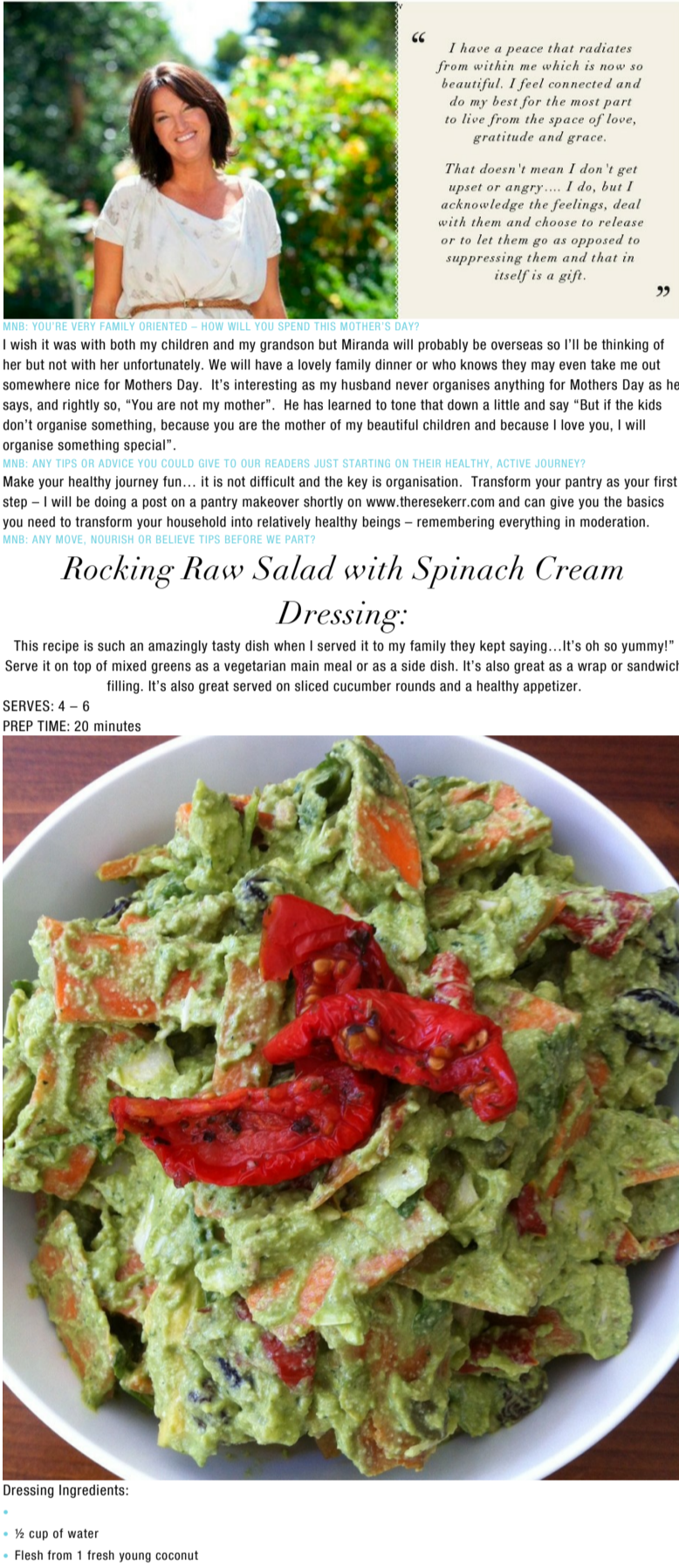
**MNB: ANY TIPS OR ADVICE YOU COULD GIVE TO OUR READERS JUST STARTING ON THEIR HEALTHY, ACTIVE JOURNEY?**  
Make your healthy journey fun... it is not difficult and the key is organisation. Transform your pantry as your first step – I will be doing a post on a pantry makeover shortly on [www.thereskerr.com](http://www.thereskerr.com) and can give you the basics you need to transform your household into relatively healthy beings – remembering everything in moderation.

**MNB: ANY MOVE, NOURISH OR BELIEVE TIPS BEFORE WE PART?**

## Rocking Raw Salad with Spinach Cream Dressing:

This recipe is such an amazingly tasty dish when I served it to my family they kept saying...it's oh so yummy! Serve it on top of mixed greens as a vegetarian main meal or as a side dish. It's also great as a wrap or sandwich filling. It's also great served on sliced cucumber rounds and a healthy appetizer.

SERVES: 4 – 6  
PREP TIME: 20 minutes



**Dressing Ingredients:**

- 1/2 cup water
- 1 flesh from 1 fresh young coconut
- 1 fresh clove garlic (or 2 small)
- 2 cups fresh spinach (packed)
- 1/2 cup fresh herbs (coriander (cilantro), parsley and/or mint)
- Juice of 1/2 a lemon or 1 lime
- 1/2 tsp Himalayan or sea salt (to taste)
- 1/2 tsp turmeric
- 1/2 tsp cumin powder
- 1/2 tsp turmeric
- Pepper (to taste)

**Method:**  
Blend all of the above ingredients in a blender until combined but silky smooth. Set aside.

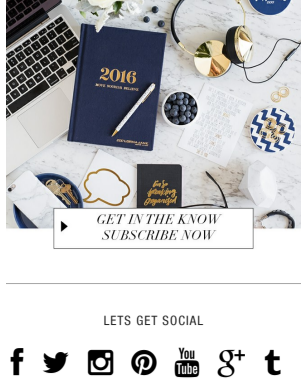
**Salad Ingredients:**  
The choices below go together to form a really delicious salad or wrap filling. We suggest you use all of them, but don't worry if omit a couple because it will still be amazing and you can add some of your favourite things too if you like.

- 1 large carrot (sliced or grated)
- 1 large cucumber (cubed)
- 1 large avocado (cubed)
- 2 cups cabbage (finely shredded)
- 1 cup chopped sun dried tomatoes
- 2 tbsp pumpkin seeds
- 1 tsp sunflower seeds
- 1/2 cup dried cranberries (non-sulfured)
- 1/2 cup raisins or sultana
- 1/2 cup chopped basil leaves (packed)
- 2 cups of rocket (arugula) (lightly packed)
- 2 tsp dark agave syrup (to taste)

**Method:**  
1. Mix all of the above vegetables, seeds, herbs and seasonings together then gently mix the spinach cream dressing into the vegetables.  
2. Serve either as a salad, vegetarian meal or in gluten free wraps or your favourite bread.

Be inspired by Therese on her channels.  
Website: [www.thereskerr.com](http://www.thereskerr.com)  
Twitter: @ThereseKerr  
Here's a link to where your readers can purchase our book  
<http://thereskerr.com/books/lunchbox-solutions/>  
Thank you for sharing your incredible story Therese and for inspiring us to let our own light shine.

MNB  
xx

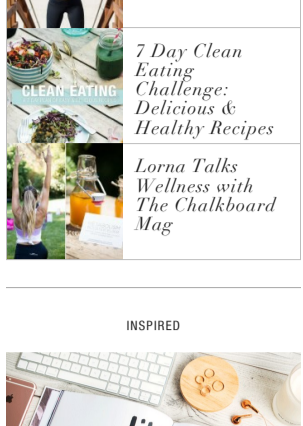


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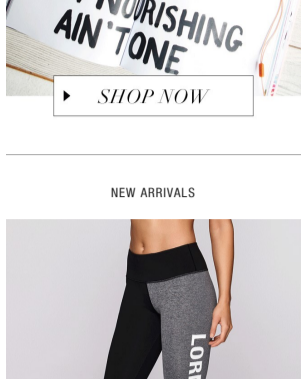
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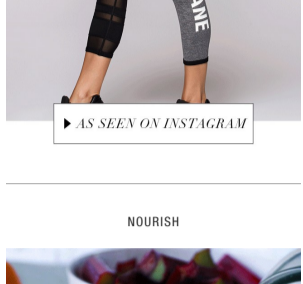
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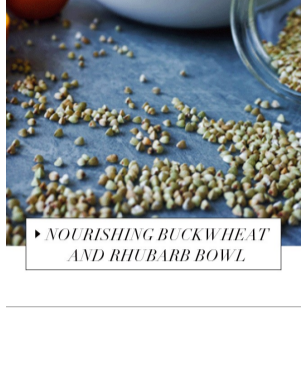
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**A LOVE LETTER FROM MNB**  
FEBRUARY 14, 2015 MNB TEAM  
Because it's Valentine's Day, and because we love our readers dearly. We decided to scribble a little downloadable love letter to show you just how much we care. MNB xx

**SPORTY SISTER OF THE WEEK: RACHEL BRATHEN**  
NOVEMBER 1, 2013 MNB TEAM  
Let's all give a warm welcome to yoga teacher Rachel Brathen, the very same bright spark who you might know as her Instagram alias Yoga\_Girl. Our beachy sister Rachel began her active journey after packing her bags and travelling to Costa Rica. It was here she met and fell in love with yoga, and the ...

**MEET ACTIVE LIVING ADVOCATE: ESSENA O'NEILL**  
MAY 16, 2013 MNB TEAM  
Another day, another Active Living advocate for you to meet. Essena is a beautiful, young sporty sister who is wise beyond her years. Having discovered healthy living at a young age, Essena is on a mission to inspire girls around the world to love their bodies, and see it as an unique gift that should ...