

INTRO

- The fitness trainer and author - the body coach
- No stranger to transformations
- Nations favourite P.E teacher
- Face of a hugely successful fitness empire
- Spur of the moment decision
- Free online
- Online sensation
- Getting British kids healthy and active
- 25% spike in broccoli sales
- Get in with the government

- Been overwhelmed by the support by the PE with Joe
- International press /CNN
- 60 million views
- Not sure if I'll do anything more meaningful
- Hard for parents to be the PE teacher as well
- Accessible, no equipment
- Me and you in your living room
- World trivia, Game show host
- Can have fun as a family
- Role modelling is so important
- Smiling and she
- Do as I do not as I say
- Mental health benefits
- Better person
- Fitness is the core part of my life

DISC 1

- The soundtrack to P.E with Joe
- Gave him rights to use the song in YouTube video

- BBC Children in Needs first ever school ambassador
- Have been touring schools
- You've been banging the drum for the importance of P.E
- It's getting squashed out
- Nothing is important as kids health
- 5 mins in the class room - star jumps
- More alert, productive
- 5,10,15 minute workout

DISC 2

- Mum loved housework
- Had OCD
- Speck of dust
- Hoovering the carpet over and over again
- As an adult understand more about trauma
- Very young mum
- Dad was a heroin addict

CHILDHOOD

- Grew up on a council estate
- Chaotic
- Saw the effects
- Dad was very unpredictable
- Not someone who dwells on the past
- Always had love and affection
- You can be who you are

BROTHERS

- Older brother and younger brother

A CHILD

- Was hyper active
- Disruptive
- A class clown
- Was always playing up
- Being silly
- An attention span of a goldfish
- BMXing
- Enjoyed moving my body
- Would have been a right loose canon without exercise
- Rallying the troops and bringing people together

DISC 3

- Dad was a joker
- Would drive to the south of France
- Dad had Dreadlocks
- Spent time with dad when he was in rehab

DAD

- Dad is clean
- Time when he has relapsed
- Have got more empathy now
- Addiction is painful
- Learning to pull him closer
- Unconditional love

- It was really tough
- Don't remember seeing drug use
- Stoned, tired
- Mum would always take him back
- Wasn't an unhappy kid - Just cracked on
- Didn't hate him just
- I let it out and felt bad

HOW HAS IT IMPACTED YOU

- Mum's mum struggled
- Starting to let go of negative energy
- Childhood trauma manifests itself in different ways
- Little nuggets of information
- Don't want to be an impatient, snappy person
- Don't resent anything I've been through

DISC 4

- Song by The Killers
- 2009 - cycled bikes from Madrid to Barcelona
- Nicky on shoulders
- Became best friends
- Knee started to ache
- I hobbled - took me 6 and a half
- Dad beat me
- Completely showed up the body coach

GYM BUNNY

- Used to really upset me
- Brother used to say 'you're a skinny little runt'
- I'm still skinny - just lean

PEOPLE BEING IN PERSUIT OF THE PERFECT BODY

- Talk about mental health

DISC 5

- Flew to Vancouver
- Sleeping on benches
- All I had was a sports science degree
- Need to put energy into something
- A pivotal trip
- A quarter life crisis

- Borrowed a couple of grand of parents
- Boot camps in Richmond park
- Crack of dawn
- Had a little trailer
- Skipping ropes
- Kettle bells
- Would stand outside Richmond station handing out flyers
- Someone in my head tells me never to give up
- An amazing mentor called Bev
- Would write down the goals, smash them
- #Teamlean
- That was really pivotal

DISC 6

- Wife walked down to aisle to the song

NUTRICAN

- When did that piece of the jigsaw
- Would have a full English
- Didn't understand that good food can energise you
- Put good food in my body
- Cooking style - short, sharp
- Manic, chaotic, annoying
- Energy, enthusiasm
- No production house

DISC 7

- Vinyl record player
- Did our first dance to it

BEEN THROUGH HUGE CHANGES

- So proud of little family
- unit
- I love Rosie to death
- Thought she was the most beautiful thing in the world
- Always pinch myself

LIVED IN THE PUBLIC SPACE

- It's been cranked up a gear
- It's in the public domain
- Attention that I'm not that into
- Learnt to ignore
- If you're blasting to 60 million you're going to be in the newspapers

KIDS

- Has kept me grounded
- Show them gratitude

DISC 8

- It gets me so lit
- Curve ball
- It gets me so gassed

GOING TO THE ISLAND

- Got to think of your toes
- Could make a decent camp
- Set traps
- Not a well-read person
- It's thematically appropriate
- Book - Lord of the Flies
- Luxury - an acoustic guitar
- Song - it would take me back like a time warp