

# Getting physical

**NETWORK:** B.C. women and men tell it the way it is

## Kirsty Exner

Personal trainer, Pilates, ski and mountain-biking instructor, kickboxer

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**A going concern:** When Kirsty Exner isn't on the slopes, she's on her mountain bike or in the gym. GERRY KAHRMANN — THE PROVINCE

**Fitness: way of life?**

"Sport and fitness is my work and my life. I get so much reward from it, not just physical, but mental and emotional as well. It keeps me sane!"

**Skiing: start of it all?**

"I grew up skiing Red Mountain in Rossland and that mountain taught me everything I know. If you can ski Red, you can ski anywhere. I had some great mentors, like my boyfriend at the time — trying to keep up with him and his buds is what got me hooked."

**Competitive edge?**

"It's more that I compete against myself than against others. But in 1998 I won an extreme skiing competition at Red. That got the whole thing going."

**Lemonaid out of lemons: best attitude?**

"I had a terrible crash at the World Tour Finals in France and I became really afraid to fall. I was totally bummed out but then I went back to school and got myself set up for where I am now. It needed to happen."

**Kickboxing: new passion?**

"I love the power, speed, intensity and focus . . . it's a great cross-training sport."

**Vancouver: new home?**

"I've been here since May and love it! I live in Lynn Valley so I am still in the mountains but I have this great city at my doorstep. I love the vibe of the

city. You put energy out, and the energy meets you."

**Next step?**

"I'll be working at Griffins boxing gym on the North Shore doing bootcamps, ski conditioning classes and personal training. Also, ski instructing at Cypress and Whistler. I have a couple of women's ski/snowboard camps at Red that I am hosting, and a couple of extreme skiing competitions, so it's going to be busy, but that's

how I like it — action-packed!

**Guilty pleasure?**

"Chinese coconut buns."

**Always in the fridge?**

"Cold beers for when friends pop by."

**By the bed?**

"The Dhammapada, *Sayings of the Buddha.*"

**Words to live by?**

"If you give 100 per cent, you never have to second-guess yourself."

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