

## Podcast Transcription

### In the Loop – Episode 2

#### “What more could you achieve? Interview with Nicole Hall.”

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**Kareena** [00:00:08] Hello Loopers! Welcome back to the second episode of “In The Loop.” I’m your host Kareena. We are going to be sharing an interview with Nicole Hall who is a fitness influencer on Instagram. She got to share with us tips about her Instagram, her P.T business, online coaching business brand collaboration and her new online training program with Loop App. A lot of information and a lot of tips and tricks to share. So, if you’re keen to learn more about the business end of being a fitness influencer, tune in because we’re about to hop straight into the interview.

**Kareena:** [00:00:40] Today we have Nicole Hall with us.

**Nicole:** [00:00:43] Hi guy! How are we? Destroying this studio already [laughing].

**Kareena:** [00:00:46] Just got here Nicole.

**Nicole:** [00:00:46] I know, sorry haha.

**Kareena:** [00:00:46] We are very excited to have you here.

**Nicole:** [00:00:52] Thank you, I’m very excited to be here.

**Kareena:** [00:00:55] Thank you, we’re looking forward to asking a few questions about your Instagram and your P.T business. Well to start off with what did you tell our Loopers a bit about yourself.

**Nicole:** [00:01:08] All right so as you know my name is Nicole Hall. You can also call me Nici or Nic, I do not mind. So, I don’t know, where do I begin.

**Kareena:** [00:01:18] Why don’t you start by telling us how you got into fitness?

**Nicole:** [00:01:21] So, my journey with fitness started actually with an eight-week challenge. I got to a point where it seems, again, typical cliché. I feel like a lot of girls can totally relate to the story. I was just, every day, getting up, looking in the mirror just not happy with what I was seeing and I was trying to do things but again not getting the right results.

**Nicole:** [00:01:41] So there was little trial and error to start off with myself. Then it got to a point where I said I’m going to sign up and do my first eight-week challenge. So, I did that and blew myself out of the water with what I achieved in 8 weeks. I knew when I signed up I was like right. I’m doing this for me. I’ve given

myself this many B.S. excuses and got nowhere. That was really the game changer for me. Ticked that off the list and I was like, wow, what more could I achieve. So, then from that, I actually started to try to educate myself and really started to dive into this new world that I really didn't know a thing about. But again, with the right education, guidance and trial and error, still finding out what was working and what wasn't working for me, I was starting to surprise myself with what more I could continue to achieve. Then from there it was probably another four months and I went and watched a friend compete in her first bodybuilding show. A month later, alright, I'm doing it, I'm prepping for a body comp.

**Nicole:** [00:02:45] I had my Instagram kind of filtering in the background. It was one of those things where I was started to just put a little post here or there and share what my journey was. But I was doing it very quietly. I think everyone is like that when they first start. But then all of a sudden you surprise yourself, you're like, "everyone, look at this!"

**Kareena:** [00:03:02] What do you think drove you during that period of time?

**Nicole:** [00:03:08] Just what more, what more can I do, what more could I achieve.

**Kareena:** [00:03:10] So proving it to yourself?

**Nicole:** [00:03:11] To an extent. I never went in there with "I've got to prove anything." But it was just I went in and I started to do it for me. That was that real source route. From there as I invested more in me, I wanted to keep investing more in me. So, that came with trying to do a body building show. And then from there, the bodybuilding showed how much I like investing in me through fitness and health. Then it was like, okay, well why don't I invest in me and then start to invest in others.

**Kareena:** [00:03:47] Nicole's desire to give back to others is clearly demonstrated by her Instagram account. With helpful workouts that people can do at home and the time she spends answering any and every question that her community poses, Nicole has fostered a loyal following of twenty-eight thousand followers on the platform. The origins of her Instagram account, however, didn't start in the fitness space.

**Nicole:** [00:04:07] You know what. I know when my Instagram started and it was when I did my first Contiki tour. So, this is not fitness related. That would have been probably about five years ago. I actually do remember starting it because I want to take photos and memory collections of when I did my travel.

**Nicole:** [00:04:23] Then pretty much from there my Instagram really progressed mainly because I like to take selfies, I won't deny it [laughs]. From there, it started to follow me with my fitness journey.

**Kareena:** [00:04:36] Oh, so Instagram came before your fitness?

**Nicole:** [00:04:38] Yeah absolutely. Like the actual account itself did.

**Kareena:** [00:04:41] Did you start having quite a following back then from your travel photos?

**Nicole:** [00:04:45] No, not at all. I believe it really started to take off as my fitness journey did. So, it probably is really kicked off maybe in the last two or three years. But, I'd definitely say in the last year and a half it's really just progressed quite naturally and organically and really started to take off, which is nice.

**Kareena:** [00:05:04] That's great! What have you been doing, do you think, that's led to that increase in the last year?

**Nicole:** [00:05:08] What I can honestly say is I've just been doing me. I know it sounds so cliché but that's all I've been doing. If I want to share something with my followers I'm going to share it.

**Kareena:** [00:05:19] So there's no secret sauce? No 'x' number of posts 'x' days?

**Nicole:** [00:05:23] No, not at all. I've never known there's any sort of golden rule of thumb and if there is I would like to know about it. That's it, if there's something that I want to rant about or share with you or just kind of show off, I'm gonna do it. That attracts a lot of my followers and keeps people interested. Particularly, if you watch my stories, sometimes you might not know what you're gonna see that day.

**Nicole:** [00:05:50] Yeah, I just like to keep everyone in the loop to an extent and share my journey, particularly my fitness, because I know that's what everyone really does like to see. But, I'll also show a bit of everything else in-between.

**Kareena:** [00:06:03] Nicole's approach to Instagram presents an interesting argument. For anyone starting out, the general rule of thumb is to commit to a theme. Not to branch out into anything and everything but create a destination that clearly showcases what your profile is all about. This is designed to keep people coming back for more.

**Kareena:** [00:06:19] So should you start incorporating more themes into your profile? Do you think that helps the fact that you're doing fitness as well? It's not just a solely fitness based account, it's a bit of everything.

**Nicole:** [00:06:30] Yeah, I think so, because the fitness industry and the fitness world is mainstream and it's becoming very popular. So, it can always become quite saturated to an extent. I just want to continue to bring me to the table

amongst that and hopefully me doesn't get too boring.

**Kareena:** [00:06:49] Are you feeling a bit of pressure now that it has become a lot more mainstream into being a particular type of you? Or, do you still feel you can be quite authentic?

**Nicole:** [00:06:57] Yes and no, that's a really good question. It's definitely becoming so mainstream so you do notice or feel a lot of that competitive nature around you. And, it's more so the fact that sometimes, I think with anyone, I use Instagram myself so I'm sitting on there scrolling and looking at people. I know a lot of my followers can get quite caught up in following me and my life and it does take a lot to sometimes not get caught up in that. So, still remembering your ground routes and still trying to come back to you at all times. It's definitely something that I like to try and be aware of. I'll definitely be honest and say that I've had days where I think I do start to confuse myself. I think we've all been there before. Then you do just need to take a moment and take a step back and be like "what do you want?".

**Kareena:** [00:07:52] Yeah, you need to reflect.

**Nicole:** [00:07:53] Yeah, that's it. But I still feel like I am pretty real and pretty genuine or I like to think so. So, I feel like I can come back to me quite easily.

**Kareena:** [00:08:03] So, what would you say are the challenges with being a fitness influencer?

**Nicole:** [00:08:06] Look it can be a challenge, I think, for some fitness influencers and I've had my weaker moments here or there. But again, I would like to say pretty confidently, I've never really caved into it; in letting my own thoughts or mindset be your destroyer. And, particularly for females, we can all relate again, you can be your own worst enemy. We can sit there and judge and judge and judge. But again, that's probably my blessing with what I do. I'm forever telling my clients "have a little more faith in yourself girl!" So, I'm constantly reminding myself of that. Then, saying that, I've actually been really quite lucky with all of my followers. They're all beautiful and they're all really positive.

**Kareena:** [00:08:50] Well, on the flipside then, what's your favorite part about being a fitness influencer?

**Nicole:** [00:08:54] It's come with so many cool opportunities. The opportunities of meeting and working with people, living that fit and active lifestyle and learning what works for you then working with others and adding that value. Along the way you get to do all these cool experiences where you can create. I've done some really cool content creation with a number of brands where we're doing workout videos and even just promo clips and stuff like that. It's fun to take your passion and get creative with it.

**Kareena:** [00:09:28] How do you come across opportunities to work with brands? Do people come to you or do you approach them?

**Nicole:** [00:09:35] I don't want to call it luck but I feel like I have been quite lucky. I had a lot of people or brands approach me and want that opportunity to work with me.

**Kareena:** [00:09:44] Why do you that is? Other than luck, obviously, there is something about you.

**Nicole:** [00:09:47] There is clearly something that they see in me that perhaps I don't see. I must be doing something right or again hopefully the fact that I'm still being real and relatable that they want to work in collaboration with me. And again, I guess it's perhaps we're in the same market so we can work with one another and benefit one another. That's definitely something when it comes to Instagram and the influencer side of things. If you want to get your name out there more again it's connecting

**Kareena:** [00:10:16] Yes, networking.

**Nicole:** [00:10:16] Yeah absolutely. So again, that comes naturally with being a personal trainer. It came naturally when I did beauty therapy back in the day. So, I feel that's still always comes naturally to me. If people want to know stuff or you have a question, I'm happy to sit down if I have the time, chat, get to know you, connect and see what happens from there.

**Kareena:** [00:10:38] So would that be your advice to our Loopers who are wanting to grow their following and potentially work or collaborate with brands?

**Nicole:** [00:10:44] Yes absolutely. Again, I keep coming back to it, what more could you do

**Kareena:** [00:10:49] So it's that constant value add?

**Nicole:** [00:10:49] Yeah, that's it. Add value to people and if they can add value to you then don't say no, to an extent.

**Kareena:** [00:10:57] So, do you say yes to all your brand deals?

**Nicole:** [00:11:01] I was just going to say, this starts to now leap into different areas. I am a yes person. And again, that's probably been probably one of my strongest things that has assisted me getting to where I am now. But, in saying that, with all of my juggling that I'm doing, me saying yes too frequently can also be my biggest weakness. I've really learned that this year. I've just had to turn around and actually say "no I can't." Or, if you really need me to do this, we need to actually add a little more value to one another. There's been a lot of

collaborations at work that I've put in so much of my free time and so much of my time and they might get a photo and use that one photo or a video and that video and me sitting there editing it and putting it together in my own time could probably be two maybe three hours. And you know once here and there, I don't mind doing it. Again, I get that self-education. You play around with some things and you get a cool product to play around with. But then in time you go, hang on, can't keep doing this. So again, let's really try and work with one another.

**Kareena:** [00:12:17] So, from a practical perspective, what advice do you have in terms of content types. Do you prefer photos or videos for your fitness page?

**Nicole:** [00:12:27] I feel like photos still, particularly on Instagram, do tend to appeal and just get a bit more insight. Again, as well, I find, if I'm sitting back and thinking, photos have probably got the most interest and reach. Again, with photos, reflecting my own journey, so like progress photos from when I first started or the transformation that I did in x amount of time with the comp prep, those types of things.

**Nicole:** [00:12:55] But, I do really like the video side of things as well. I do a lot when it comes to my workout videos. They get great exposure, I know I get great feedback with them, so, I'm definitely doing something right there. I do love doing them. But they get hard to do yourself. I need to pack up you two and take you back home. There's only so much, unfortunately, your poor friend can film every single day. Your poor partner, Instagram Husband, thank you David.

**Kareena:** [00:13:29] Shout out to David.

**Nicole:** [00:13:30] Yas, David my man. And then as well, as I've personally started to get a little better with that side of my content creation, I probably get a little more fussier.

**Kareena:** [00:13:42] As your growing and learning?

**Nicole:** [00:13:42] Yes, that's it. I've filmed plenty of stuff and it's probably sitting in a back reel at home and I'm like I don't want to show share that because I don't like the angle there or the lighting because there's over exposure. But again, I've gotten plenty of great feedback. I hear a lot of my clients even doing it and stuff like that as well. And, even when you're checking insights, it's a really cool thing to see how many people save it. I always like seeing that.

**Kareena:** [00:14:08] Do you find a lot of your workout videos get saved?

**Nicole:** [00:14:08] Yeah, absolutely. I know it's still really hard as well with all the different platforms we have these days. To be filming the right content for videos particularly and making sure it's capturing to the eye and appealing to the eye and really just what your audience wants.

**Kareena:** [00:14:29] New features are being introduced to platforms regularly and it's up to the influencers to ensure that they stay up to date with these changes. Some new releases are changing the game completely. Instagram's move to launch Instagram TV could be regarded as an evolution of Instagram story. However, the long form video content requires a different skill set to its native photography based content. So how do Influencers feel that the growing to utilize these new features and upskill themselves to continue their success on these platforms.

**Nicole:** [00:14:56] At first it was a bit of an eye opener.

**Kareena:** [00:15:00] On all the new features that come out? It's hard to keep up.

**Nicole:** [00:15:02] Yeah. So, there's Instagram TV now and I'm like I don't know what it is, but I think I like it. I'll play around with it until I get the hang of it.

**Kareena:** [00:15:11] Well that's the thing. Now as an influencer on that platform, specifically, that you're renowned for, do you feel like you have to then take up all the new features that they offer?

**Nicole:** [00:15:20] I don't feel I have to. But I'm curious and I want to give it a go. Again, it's just one of those things, like eh, we'll give it a crack.

**Kareena:** [00:15:30] Well it is longer form video content. Do you have any plans or ideas around what you want to do with Instagram TV?

**Nicole:** [00:15:35] Not really yet. I've already done one or two and just played around with them and I've gotten actually really good feedback from the one or two that I have done.

**Kareena:** [00:15:44] What did you end up doing for them?

**Nicole:** [00:15:45] One of them I did was my new delivery of Ryderwear. And so, it was pretty much me, flick my camera on and I did a fashion parade at home. I was just pretty much going through all of the supplements that I was using to assist when I was doing my comp prep just recently. So, I was kind of just pulling them out and saying hey this is what I use water is a really common question that I was getting. People wanted to know, what supplements I was taking, how often I was taking it, why [I was taking it].

**Nicole:** [00:16:18] So, I thought, I'm going to set the camera up and sit in a corner and just blab it all out for an afternoon and clip it altogether. And alright, if you have any more questions let me know but hopefully not haha.

**Kareena:** [00:16:27] Absolutely, well given that it is new to Instagram, this long form video content, but it's not new to the industry, obviously YouTube's been around for

quite a while. Why do you feel now that you're going to play with Instagram TV but not YouTube?

**Nicole:** [00:16:44] I have a goal for 2018 18 to have my own YouTube channel. But again, I haven't gotten around to it yet.

**Kareena:** [00:16:52] Why is that do you think?

Nicole: [00:16:53] Because it's very high end production. The people that do YouTube and do it really well, that is what they do.

**Kareena:** [00:17:00] That's what you want to emulate?

**Nicole:** [00:17:01] Yeah, I've already had a crack at one or two and it's very basic editing. Again, you know you look at those people that do YouTube and do it well and you're like "damn!" It's good quality. That's it, truthfully, I just don't have time. I haven't had the time to sit down and learn the tricks of the trade to making good YouTube videos.

**Kareena:** [00:17:20] Is that what you would say is one of the challenges with being an influencer, as such, on a platform like that. That you have to then learn these new skills like, video production, to keep going in your career.

**Nicole:** [00:17:33] Yeah absolutely. That's probably one thing I think a lot of people just look at and don't get. You sit there and flick through Instagram or you're flicking through YouTube channels and just seeing the highlight reel. There's actually a lot of hard work and a lot of time that you're investing that's your own time. Before you know it, you're just doing a little bit here and doing a little bit there. Then all of a sudden you create something and you splash it out and continue to grow a little bit more. But, a lot of people don't realize that there's still a lot of your personal investment that's going into that.

**Kareena:** [00:18:08] How much time would you say you dedicate to your Instagram specifically?

**Nicole:** [00:18:11] I wouldn't actually be out to tell you. That's one thing again I'm such a yoyo. I'm again juggling a thousand things and just coming and going with the breeze. I do also like to focus on one day at a time. I have a thousand short term goals that are leading to big term goals. So, I'm definitely always focused 24 hours within that week. I know people that set between, say, 8:00 to 9:30 is my time on Instagram. I've met plenty of influencers that do that. Yet, when I'm on, I do my post and I'm responding to people and then I'm back and forth. And, it sounds like a great idea, I'm like, wow I need to do that. Honestly though, half of the time I'm still working with my P.T's or half the time that's when I'm trying to get back to my online clients or I'm trying to eat my dinner. And again, I don't wanna sit, eat and scroll. Again, it's finding that time.

**Kareena:** [00:19:06] How do you prioritize amongst all your different avenues?

**Nicole:** [00:19:14] It's hard. And again, I do you know when I just need to get s\*\*\* done.

**Kareena:** [00:19:23] So amongst all your juggling, did you go get your qualifications after you Instagram had started down a fitness path?

**Nicole:** [00:19:28] Yeah, I did. That was after I did the bodybuilding shows with that first season of competing. I got into my studies and got my cert 3 and 4 with fitness.

**Kareena:** [00:19:41] Is that what led you to beginning your own P.T business?

**Nicole:** [00:19:45] I started just doing a little bit casually to the side. And, it was probably just two months and I was like I had to quit my job and take it on full-time.

**Kareena:** [00:19:53] Wow, because you got so many people onboard so quickly?

**Nicole:** [00:19:55] Yeah because there was that much demand. Having that one on one time with a person, finding out what ticks them what their problems are and then having the opportunity to work with them, little or small and change their lives. Or, just add value. That's what I've found now. I value to add value to people's lives.

**Kareena:** [00:20:19] As anyone starting their own business would know, there are plenty of ups and downs. What's been your experience so far?

**Nicole:** [00:20:24] It always comes with challenges. There's been plenty of people that I haven't been able to get that end result that they want or my style isn't their style. But that's something that you're always going to experience in life as well. But, it's really rewarding. The fact that you can have someone come to you with a problem or a goal and you can work together with them and tick that off the list and hopefully start to work towards more and more.

**Kareena:** [00:20:55] So, how did you find your Instagram influencing your P.T business. Do they work together or do they work against each other?

**Nicole:** [00:21:02] I definitely feel like they work hand in hand in all truth and honesty. My Instagram, I do find, that's where I get a lot of my clientele which is quite cool. It's actually a hilarious story. So, when I first started getting into P.T, I remember I was sitting down at the dinner table at home one time. My dad is like, right, how is this self-business of yours going? Tell me everything I need to know. Have you got your business cards set up? I was like, dad, I don't need

business cards printed. I'm not spending any money on printing a business card. He's like you need business cards, you need brochures and you need your menu and your list of services. I'm like, I'm not doing that. I'm not going to spend any money on printing or anything like that. He's like, what, why not? I'm like, I have Instagram. I remember saying that and I'm like, oh my God, who am I. And him just being like, what do you mean? It's just like talking to a wall, he's like, what the hell. He's like, oh yeah, what do you mean. I take photos and the people see my photo.

**Nicole:** [00:22:04] I'm trying to try to fight for this story and prove to him and he's like, mkay. We both go to that point I think by the end of that dinner, like alright, you do your thing. He's like, you'll come back to me.

**Kareena:** [00:22:17] And did you?

**Nicole:** [00:22:17] Well no, that's the thing now. He's actually so fascinated with my Instagram.

**Kareena:** [00:22:17] Does he understand what it is now?

**Nicole:** [00:22:25] Yeah, he has a better understanding but he still has no idea. He doesn't have Facebook or anything like that. Probably a good thing. But, he shows a lot more interest now. You know, how is the Instagram going and stuff like that.

**Nicole:** [00:22:38] Yeah so, going back to your original question. I definitely do feel that it works hand in hand with now the fact that I'm a P.T. I know all of my clients are so involved with my personal journey. I think that's actually a good thing because they then use that for their own motivation and inspiration. So, you're exactly like me. I'm no different to you. So, if you want to be like me then do the work. So, at the end of the day, the only thing that would be stopping you is yourself.

**Kareena:** [00:23:09] You've got obviously, your P.T based in Australia, in your hometown. Instagram is a global platform. How do you plan on helping or even servicing people on a global scale?

**Nicole:** [00:23:23] Well I'm slightly trying to start to step into that. That's another goal or domino effect that I seem to be going down.

**Kareena:** [00:23:31] Tell me more about that.

**Nicole:** [00:23:32] That's just going more online now. So, I want to be able to try and take my services, clearly not as a personal one on one trainer, but I guess it is, as an online coach. I am very early days. I've started doing it and I'm working with a good handful at the moment. It's a new challenge. It's something

completely unknown for me but I'm really enjoying it so far. It's a new way to connect again. It's interesting at first trying to break down and understand that one individual and then still come back and break down, understand and connect with the next individual. I feel like I'm learning and getting the hang of that.

**Kareena:** [00:24:10] Online coaching presents the same time issue that a P.T business has. It's still one on one and anyone that has an online coaching business knows, it still takes a lot of time to service each of these individual clients. I imagine that's why you're creating an online training program with Loop App, to help more people at home.

**Nicole:** [00:24:25] Yeah and that's it. That's exactly why I'm really excited to be a part of this project.

**Kareena:** [00:24:31] We're very excited to have you. To be honest, we're super excited.

**Kareena:** [00:24:36] There's a current misconception that being a fitness influencer means that you spend all your time on Instagram. Whether that's creating content or engaging with your community. But that simply isn't the case. Many of the most successful influencers in this space are offered opportunities or they create their own by developing businesses that work alongside their Instagram. So Nicole talks to us about all her business activities and how she balances them all.

**Kareena:** [00:24:59] It's fascinating to hear that as a fitness influencer Instagram isn't your main thing, it's not your only thing. You're doing Instagram, you're doing P.T, you're doing online coaching and you're working with Loop App to do your online program. That is a lot of activities to be doing to create a lifestyle around what you're passionate about.

**Nicole:** [00:25:20] Yeah, absolutely.

**Kareena:** [00:25:21] What advice do you have for aspiring influencers that wish to make this their reality?

**Nicole:** [00:25:25] Always keep trying and just stay focused. If you're truly passionate about it, and again, if you truly want something, it'll eventually happen. It might not be smooth and easy or anything like that but just keep your head down when you have to sometimes and just do what you gotta do to make it happen. You can achieve anything that you set your heart and mind to. As you were just saying I'm doing a lot of juggling at the moment.

**Kareena:** [00:25:53] Talk to us about the juggling and how you're managing it.

**Nicole:** [00:25:55] I was definitely, again, as I've started more and more business opportunities and then on top of that I was just recently doing my comp prep, I was certainly feeling that juggling act towards the end of it. And again, speaking

of juggling, I thought I'd try some extra things. I started journaling.

**Kareena:** [00:26:17] Are you finding that it's focusing you and helping you in your day to day life?

**Nicole:** [00:26:21] Absolutely. Something that I probably still really don't know what the hell I'm doing but I'm doing it anyway and blabbering to a piece of paper with my own gibberish and it's keeping me a bit more sane. But, that's definitely something I want to try and my own personal goal, progress with my journaling further and use it for business growth. w

**Kareena:** [00:26:42] When it comes to your businesses, what are you finding the biggest challenges at the moment?

**Nicole:** [00:26:46] When it comes to strategy, like business strategies, and structure and stuff like that. I'm probably winging it a fair bit. I'm learning along the way. I look up to some other people and I see their business plan structures and strategy and I'm like "holy damn! That's not what I'm doing." But again, they're probably a bit further ahead of the chain than what I have. These are all things that I'm learning and I've got an open book and I'm willing to learn. I've already had some kind of trial and errors where I've not had much of that structure and realized I needed that structure so it's now there. That's something, that again, I'm easing myself into the online side of things and I'm really working hard to make sure that I have that structure there from the get go.

**Kareena:** [00:27:30] Is there anything that you know now that you wish you knew when you started?

**Nicole:** [00:27:34] Yeah. I think that's actually my biggest blunder or my biggest mistake is maybe not having as much faith in myself when I was a little younger. When I look back at my journey so far there's definitely been those detours and things haven't run smoothly. You know, that's like any road I guess. But, I think I do like to keep an open mind. So, I go, that wasn't good but I don't need to sit there and dwell on it. Learn from it quickly and keep stepping forward.

**Kareena:** [00:28:05] As a final sign off, what last piece of advice would you like to give for our Loopers who are aspiring fitness influencers like yourself?

**Nicole:** [00:28:15] Get out there and do it. Perhaps start with small goals. Set that big goal and keep it. Visual things is another thing that I always love to have actually. Is that visual reminder. Or sometimes it won't even be that it will be a quote. It's really cliché, my daily alarm, I might even have, "Rise and Shine" is my alarm every single day. So, when you roll over and turn it off you're like, alright, let's do this.

**Nicole:** [00:28:40] Small goals. Say yes. Try things and learn from them.

**Kareena:** [00:28:46] Thank you Nicole for joining us on the couch today at Loop App HQ. We are In The Loop and if you'd like to hear more from Nicole and see her fitness journey you can follow her @\_\_nicolehall.

**Kareena:** [00:29:03] Thanks for tuning in Loopers. That brings us to the end of our interview. But, we'll be back next week with a new episode of In The Loop where we chat about the business end of being a fitness influencer. If you don't want to miss out make sure you subscribe to our podcast so you get notified every time we release a new episode. We would also love your feedback so be sure to rate the podcast and leave a comment. We'd love to know what you thought. If you have any questions that you'd like us to discuss on the podcast just #intheloop across any social platforms and we'll take a look. We look forward to sharing more with you next week. Catch you then!