

“I’m a bum man!”

Celebrity health and wellbeing expert Blake Worrall Thompson has been making a name on television as the trainer everyone wants advice from, in between checking out any fit men and women who jog past him.



DNA: How did Eat Yourself Sexy come about?

Blake: Well there was a show on Fox called *Ruby*, which was about this massive American girl. She was coming to Australia for an episode, which I heard about, so I contacted her agent to see if they needed an assistant. I became part of the show. After it had aired, I cropped highlights for a DVD pilot and sent them to all the major Australian networks. The next day I got a call from Southern Star saying they were looking for a trainer for a new concept. It was perfect timing and luck.

Can you explain your fitness company, Ministry Of Well Being?

My long-term goal is to have it set up like the Jim’s Mowing of the fitness world. The fitness industry is kind of weak in that when the average person wants to look for a personal trainer or a physio or a naturopath, they wouldn’t have a clue where to start. They need a reliable brand they can trust, with people skills and professionalism. It’s important for trainers and health professionals to be hitting one’s health from all angles and our trainers are equipped in areas of sleep, stress, nutrition, digestive health and lifestyle management. As a client your results are going to be limited if you’re just thinking sets and reps.

Do you mind that gay guys find you hot?

[Laughing] I haven’t put a lot of thought into that, but I know how much gay guys love their health and they’re our number one demographic. I’ve spent a lot of time with gay guys at the gym and I’m very comfortable with them. I have plenty of fun with those guys. All above board, of course!

Can people take working out too far?

Definitely, and that’s what we try to keep in perspective. It becomes detrimental if they take it too far. It’s about keeping a balance with health, relationships and work ... but there are definitely people who take it too far. They completely separate themselves from society.

Have you heard the terms Muscle Mary and Penis Pointers?

[Laughing] I haven’t heard either of those terms and I have a number of gay clients. Maybe they don’t feel comfortable enough to express it to me.

Penis Pointers are the edge of the pelvic muscle that points to the groin.

Generally, that would be referred to as the pelvic floor. In the physio world, they say to lift your balls off a plate. So you imagine they’re cold and you have to suck them up a bit. That’s how you get your pelvic floor working. I didn’t know there was such a market for it among the males. I’ll have to look into it.

Have you ever been hit on by a guy?

I have. It was actually when I was on the *Ruby* show, when I went to Stonewall. That was the first time I’d been to a proper gay club and

the boys were definitely on heat there. I didn't know where to look. It seems that in your world, as soon as you get eye contact with someone, it's on like Donkey Kong.

If you were gay, who would you go for?

I don't think I could go past Beckham. I know he's one of the favourites in your community

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and he's certainly a well-dressed man. I love a well-dressed man.

Do you have any gay mates?

Yeah, I've got a stack of gay mates, and more so since I moved to Sydney. I've also met a lot through the industry with my training. I love them dearly.

Do clients ever get crushes on their trainers?

There would be a fair bit of that going on because we quite often give clients more attention than they get anywhere else. That's not just with the gay community. There has definitely been that kind of trouble with women. Let's just say it would make for an interesting television show. Personal trainers that are fit and healthy are naturally going to have quite a good sex drive, aren't they...

It could also make for a good porn film!

Yes! It would be a very talented cast!

On that subject, what's your porn name?

(Your first pet and the street you grew up in).

It's actually Doc Hamilton, which sounds very sophisticated. I don't feel like I dress or carry myself as a 'Doc Hamilton' type, as I should.

Do people treat a trainer like a psychologist?

Yes, we definitely cop a lot of emotions. We probably become like a second counsellor, because it's an important area to help someone grasp. They won't really get their full health if they can't sort out their emotional baggage. Not a lot of us are qualified for that, but for a lot of females you just need to be there to listen. They usually just blurt their thoughts out anyway and don't want our opinion. Sit, listen and don't say a word. It's hard but I'm learning.

You worked in London with Hollywood A-listers. Are you allowed to name drop?

Not really, the only two I can probably mention are Elle Macpherson and Hugh Grant. They were working with my two bosses. One of them, James Duigan, has been working with Elle for over 10 years. Unfortunately I

only got to look and not touch. But there are worse things to see than Elle Macpherson on a cross trainer at six in the morning. Hugh Grant was hilarious, one of the funniest blokes I've ever met. He's exactly the way he is in his movies. I may have got a little star struck meeting Elle, but I'm only human.

Do you have a favourite diva?

I'd have to say Pink. I love that she says it as it is. There aren't enough people in the entertainment industry, or any industry, that are prepared to just throw it out there. She can also take the piss out of herself, which is a very attractive attribute for a female. Way too many females take themselves seriously.

What is your favourite part of your body?

[Laughing] Do blokes have a favourite body part? I thought that was a female thing. I would love to say arms, chest and back, but I would be lying. I would say my legs, by default. They at least look strong and fit.

And your favourite part on another's body?

I'm a bum man. There is nothing like a nice, fit, athletic-looking bum.

As a straight man who's into fitness, can you appreciate another man's arse?

Yes. I was always being told off by girlfriends in the past for checking out guys' arms and legs and whatever. Whenever I'm driving, it doesn't matter if it's a guy or a girl that I'm driving past, if they're running or training I'll take a second look. Maybe that's why I get questioned about my sexuality.

Which is better: sun, solarium or spray-on?

Sunlight, for sure. As much of a deal the government makes about cancer and all, if you're getting 15 minutes a day, that's fine. As long as you're not an Irish backpacker! A lot of depression comes from a lack of the sun, but if you sit in the park, you'll get an instant hit.

What is the best way for people to think when it comes to their diet?

Think clean! It's as simple as that. If you go to the supermarket and analyse it, 80 percent of your food should come from the outside parameter. You've got the fruit and veg, your fish and meat. The only things you should be going down the aisles for are things like nuts, olive oil and potentially milk. Otherwise you're on the wrong track. It comes down to the fact that if the food wasn't around 1,000 years ago, then don't eat it. Our body wasn't made to process artificial colours and flavours and it's food that's been stripped of its nutrients.

Do gay guys have some advantages compared to straight guys?

I reckon they understand women better. Straight guys could do well to go into a gay club and play that role, then the women would let down their guard a bit. I may have once or twice used that to my advantage [laughing].

Eat Yourself Sexy returns to LifeStyle YOU later this year. For more on Ministry Of Wellbeing visit ministryofwellbeing.com

