

Getting to know Kia Johnson

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Kia Johnson is one multitalented lady! You've seen her on TV, heard her on the radio and no doubt heard her voice on a few adverts too. She's also a mother and an MC, and she doesn't look like she's slowing down anytime soon! She's also ridiculously beautiful...

Lets **get to know Kia Johnson:**

What does healthy mean to you?

Healthy is a way of life, it's being active in thought when eating, thinking, breathing, training.

What is your chosen form of exercise?

I train with Muaythai Champion, Quentin Chong. It's the best form of exercise I've ever selected.

What does your way of healthy eating look like?

Admittedly I do try to eat well all the time. But I'm only human and am prone to indulging at times. However I aim to eat lots of fish, eggs and vegetables. Certain fruits I find don't suit my taste buds so mostly bananas, apples and kiwi. One thing I'm quite good with though is not drinking fizzy drinks, it's been such a long time since I have and now I've gone completely off the taste. Takeway foods also a big no no in my house.

What is your passion project?

I have 2 projects I'm involved with currently. I've just been chosen as an Ambassador for Hope Cape Town, who strive to improve the quality of life for those who are infected and affected by HIV, Aids in the Western Cape. As a Mom to two children it's a project that's very close to my heart and I'm hoping to make a difference in the lives of young people affected by this.

I've also just joined Deen TV where I'm Producing my own show (as well as Presenting) called 'Life with KJ.' On this show I focus on community upliftment and empowerment to all.

What does a typical day look like for you?

Each day is different due to the nature of the industry I work in but usually a typical day I wake up 4:30am each weekday morning for my show on Radio 2000 called 'Planet Haaibo.' After the show I commence on my production work for my Saturday show called 'Saturday Night Live on 2000' where I interview local and international musicians and showcase two mixes from local DJ's. On Wednesday's I film for Deen TV and in between I meet up with clients for MC gigs, Voiceover work etc.. On most of these days I finish quite late. And I sneak in about three to four Muaythai training sessions with my instructor.

What would you like people to know about you?

That I'm a Mom and my children give me so much joy in my life. But that even though I'm a Mom I feel there's no excuse to not take care of yourself first, body and soul. Which is why I take that me time out on a regular basis, balance is key.

What would you like people to know about your work/business?

Media is forever changing and evolving. You have to be willing to move with it and keep up with the various changes taking place. Being an authentic personality is your greatest strength.

Favourite workout song?

Fragma - Toca's Miracle

Favourite exercise and why?

I train in Muaythai and I have to be honest I do love the punching, perhaps it's because it gives you an outlet to your daily stresses and you can exert all that energy one one spot to relax.

Favourite quote/advice?

'Be the change you want to see in the world' by Mahatma Ghandi. If you want to change your world around you to a positive one, be prepared to think it and believe it, only then will things change for the better. Be honest and true to yourself and others and respect goes a very long way. If you live your life daily in this manner, you can achieve anything.



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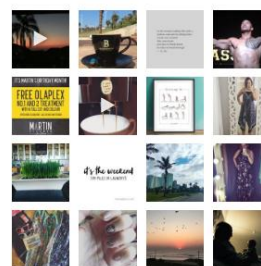
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