

# What Does 45 Look Like?

LAUREL EDWARDS, 45

*The queen of Queensland's airwaves has survived 20 years of waking up before the crack of dawn, and she fixes fences to stay fit!*

➤ **On surviving the dawn patrol**

This year is my 20th anniversary as a breakfast-radio host on Brisbane station 4KQ. I'm the only Australian female to have worked the same shift for two decades—which also means I've been waking up at 4 am every day for the past 20 years! It still hurts.

➤ **On self-belief** A month after giving birth to my son, Clay (who's now 13), I was back at work. It nearly killed me! People told me that opportunities would be few and far between, and that I shouldn't let my seat get cold. It's rubbish! There are some great jobs in the arts and the media. My daughter, Jem, dreams of playing the piano professionally, yet people are already telling her that there aren't many jobs for pianists. She's 10! But *someone* has to play in a restaurant! *Someone* has to play in a band! My husband [country singer and songwriter Troy Cassar-Daley] and I have made a great living from working in music and radio.

➤ **On letting exercise come naturally**

I've never been one for formal exercise. On our farm outside Brisbane, which we visit on most weekends, there are always fences to be fixed—my cardio! We also own horses, and everything that goes with riding them—like carrying saddles and cleaning out their water trough—is a workout in itself. The other day, I even had to trim my horse's hoof, which is hard work! They're heavy animals; I was holding a big metal file, and my arms got an amazing workout.

➤ **On finding calm** In your 20s, everyone is so hell-bent on ideas like, I have to have a career! I have to get a husband! I have to get my life together! I know it's a cliché, but since I entered my 40s, I've become really comfortable in my own skin. I've stopped with the 'OMG, I need to be a size 6!' I'm never going to have that, so I don't even think about it. I do Pilates sometimes, because it makes me feel good, not because I want to fit into a tiny pair of jeans; that won't happen again in this lifetime! And I'm happy with who I am. **■**

