

Lorna Jane Clarkson

The fashion designer and activewear pioneer, 60, shares the lessons she's learnt about life.

1 TURNING 60 LAST YEAR WAS... a great excuse to have a party!

2 SEEING MY LORNA JANE ACTIVEWEAR ON WOMEN AROUND AUSTRALIA...

never gets old! It's still the most incredible feeling to see women wearing what started out as just an idea in my head. It takes so much self-control not to run up and compliment them on how good they look and thank them for supporting our brand – and if I'm being totally honest, I still do it from time to time.

3 THE KEY TO LONGEVITY IN BUSINESS IS... as simple as doing what you love with the people you love. I'm fortunate enough to work with my husband, Bill, every day, but I also have an incredible team that shares my vision and pushes our brand to keep evolving. Lorna Jane has continued to thrive over the past 35 years, and I believe it's our commitment to continually challenging the status quo that keeps us ahead of the game.

4 A TOP BEAUTY TIP IS TO... well, I have a few and they're pretty simple: move your body every day (outside if possible), drink lots of water, ensure you get enough sleep, eat nutrient-rich food and do the things that make you happy.



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MY BIGGEST MOOD BOOSTER IS... time with my puppy, Harry!

6 THE SECRET TO BALANCING A BUSY LIFE IS... learning to say 'no'. Family and friends know that Monday to Friday are 'school nights' for me so I can give 100 per cent to my business. But on the weekends, I'm all theirs!

7 I WISH I'D KNOWN AT 21 THAT... activewear was going to be as big as it is today. It would've saved me a lot of heartache and self-doubt along the way.

8 MY MORNING RITUALS ARE... drinking a few glasses of water as soon as I wake up, doing some stretches and then heading outside with my husband to walk our dog and have a chat about the day ahead. Then I work out (usually strength training or yoga), have a quick breakfast and go to work.

9 I'M HAPPIEST WHEN... I'm surrounded by family and friends. I like nothing more than inviting everyone to the farm for the weekend. We go for long walks, eat amazing food and just enjoy each other's company. PS: There's usually a tournament of some sort (tennis or bocce) and a puzzle that must be finished before anyone leaves!

10 WHAT INSPIRES ME? My work and the people I get to work with every day. Being with like-minded women who genuinely want to create products to change the way we live our lives inspires me and makes me want to do this job forever! **E**