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In 2019, after the birth of my daughter Arna, I launched my program for postpartum women, Kayla Itsines Post-Pregnancy. ... giving women across the world even more workout options. In May 2021, I renamed my BBG programs. I felt the old names represented an outdated view of health and fitness, and

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I want to ensure I'm always empowering women ...

Kayla Itsines Sweat Co-Founder & High Intensity with Kayla | Sweat
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Fitness queen Michelle Bridges, 51, shared her top workout tips in an interview with 9Honey Coach on Sunday,

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including how to add morning workouts
into your routine.

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