

## I am addicted to sparkles Temitayo George

Though she did not win the debut edition of M-net s Idols West Africa musical competition, but Temitayo George has since moved on with the tide, doing what she knows how to do best. After the reality show, she has showcased her stuff at some great musical concerts and has performed on the same stage with some of Nigeria s biggest stars. Daughter of Mrs Dele George of Little Saints Orphanage. Tayo is poised to follow in her mother s footsteps and also plans to soar higher in her music career. She speaks on her rising profile, fashion and more.

How has it been so far, after idols?

After idols I just continued training my voice. And I got great concerts. I have performed on the same stage as D banj, Sony Nneji and Michael Bolton. As a little girl, I had always listened Michael Bolton, that performance blew my mind. I was so happy and grateful to God for the experience. Soon after that, I had another concert with Angie Stone, I performed on the stage with her and Timi and another lady called String from the US.

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Are you working on an album presently?

At the moment, I am a lot eager to start my own album. I have a few songs already, but I will release a single first, hopefully before in the new year.

Have you written any song so far?

I have written about seven completed songs and I have bits and pieces, here and there, because I put it down as it comes. I want 12 songs on my first album. I was born on the 12 of April, my mum was born on th 12th of December, her very close loving friend, pastor Bimbo was born on the twelve of September and 12 is very significant in the Bible. So I just believe that I should have twelve songs on my album, I have something for 12, but I will release a single first.

What genre of music, should we be expecting from you.

I would say its more inspirational. I like inspirational music because it doesn t limit me to one style, I can sing about anything; love, life, people, I can sing about God. my feelings about all these things. So I will do inspirational music, but I will experiment with different styles to know which suites my voice more.

Who has the greatest influence on your style?

My mum. My mother s sister is a fashion designer, she has her own place at Opebi. My mum is so fashionable she s into designers, I am not so much into designers. I love colourful clothes, because when I see colours it makes me feel good. We stay away from black generally in my house. I wear colours that compliment my skin tone. I love my mum because she s very fashionable, all the clothes, I used during idols, she bought them for me because a lot of the things that the sponsors brought in were not my size. She got me started on the glitz and glamour. Now I am addicted to shine, anything that sparkles, I want to wear it (laughs) anything that s colourful I go for it.

What clothes are you comfortable in?

I love elegant things. I love jeans and high heeled shoes. I barely wear flats only when I am going up and down a lot. My favourite colour of clothes have to be orange and red, because I am dark, I don t really go for dark colours. I like very electric kind of colours.

Best skin care routine?

I use Clarins because I heard they are very good. I do cleanse, tone and exfoliate, I exfoliate a lot because it helps to keep the skin looking fresh.

Jewelry choice?

I love silver more than gold.

Perfume choice?

I like so many of them. I don t stick to one, I go for anything that smells good.

When did you discover you could sing?

When I was in boarding school, I knew sing. Before that I knew I could dance, I always use to put on little shows for my friends at my birthday parties. So my first love was actually dancing before I knew I could sing. When I was about 15 I wanted to study music and performing arts full time in America. My parents thought that America was just too far away from home, then music wasn't seen as a profitable or very prestigious kind of career move. But I thank God, time has changed now.

It's no longer seen as a career for drop-out or never-do wells, now it is for educated people who believe that they are gifted or talented in that area. I am studying for my degree in management and I am going on to do my MBA by God's grace. I am combining studies and music because I really love music. I love to perform, I am not just a singer. I believe that there are so many people with voices, fantastic voices, but what I bring to the table is my versatility, performance and fashion sense.

How does the inspiration come?

My first song that wrote, actually came to me in the middle of the nite. I was praying to God to help me write a hit single. My music said whatever you want, wether a baby, a house, whatever you have to sometimes bring evidence out, buy a piece of clothing for your child even though you have not had your child yet. So I went to bed with a writing pad and pen. Then I woke up in the middle of the nite, and started writing. I wrote the 1st and second verse and then went back to sleep.

The next day, I woke up and was singing a chorus. That was how I got my first song. The second one didn't come direct like that. It's about my image and style, how I want the world to see me. The first one is like a dedication to my fans and all the people that supported me throughout the idols. It's about love and how I feel about people in general.

Were you disappointed that you did not win the Idols show?

I was not discouraged at any point because I came second runner up instead of first. I felt that was exactly where God wanted me to get up to. I just needed to keep training, doing a lot more rehearsals and then start working on my own original songs. I knew that I had a lot of support, my family was very supportive. And then, I knew that there were lots of people who support my parents ministry that also love me. I knew I had a lot of friends out there.

I knew that my talent would take me as far as it would take me. When people like my very good friend Joan and Jodie, left the competition so soon, I realized that it was not just about who had the best voice, but who had the greatest support system.

For Timi winning, I believe that he had the greatest support system and he was able to handle the pressure better. I believe the best man won anyway.

Do you have a fitness routine?

I have a personal trainer, because in my family there's a big tendency to add weight. I got the personal trainer from my gym to come to my house three times a week in the evening after work. We do a lot of sit-ups, aerobics and more to keep me trim because there is a tendency for me to really blow up.

How do you handle your eating habit?

I do my best to eat a lot of fruits and vegetables. I eat any heavy meal in the morning or afternoon, so it can burn off before night. I do not eat later than 7 pm because after 7 pm anything you eat automatically turns to fat, there's no more room for digestion. I used to eat chocolates around 11 pm when I was younger (laughs) and I have big cheek naturally by the time I was 15, 16 I was just too big, so I had to stop eating sweets late at night. Now I try to take lots of water, eat lots of fruits and fruits taste good, before I saw them like drugs. I take my vitamins, C, B and black seed oil which is good for all over body healing.

What would be your best fashion item?

I have to say jeans. I really love jeans especially when they fit right. I like spaghetti tops, I like different types and colours. Things that make one feel like a woman. But I don't like revealing clothes. I like to wear things that are form fitting. I love clothes especially when I'm slim, I feel comfortable, I don't have to put a jacket on top of my spaghetti strap.

Who has the greatest influence in your life?

At the moment, apart from God, would say my parents, they are big inspiration for me. My dad is already in the entertainment and I see how hard he works. One thing about my parents is that they are very hard working, the only time the rest is on Sunday. Every other day, they are busy caring about other people. They are trying so hard to make every one comfortable. Then what my mum does is another level of grace from God. I believe because she is doing it not in her own strength, God gives her the grace to look after the children everyday.

So how does it feel surrounded by many brothers and sisters?

It is truly a privilege I believe that everything is done by the grace of God I am not worried about the future or the thought of when my mum decides to handover the running, how are we going to cope, I just believe that God gives one the grace to handle whatever he wants us to do in this life. They are too lovable, without them around sometimes the house is just dry, but with them everywhere full of life.

Where do you see yourself in the next five years?

Within the next, five ten years I see myself doing a lot of things. I want to be like a spokes person for youth, I want to use my talent to create wealth so I can help the less privileged, especially the street children, orphans. I want to start my own tv show, a kind of talent search, not really a competition, I just want to create an avenue to help people who can't really help themselves. Help them identify their talent, encourage them to build it and show them there is a bright future ahead for them.

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Log explained: private coaches, we are talking about is Personal Trainer, one-on-one fitness instructors, project coaches, lifestyle, and weight consultants, nutritionists and so on. According to private coaches of each Member's physique, strength and flexibility, living habits, and other members of the design for a scientific and rational, safe fitness program to meet the health needs of different groups of people.

A private coach for the public

Miss Chang: (28 years old, a private coaching history: 6 months)

I did not have patience this time I vowed to be fitness active for a few days on the halfway. As a private coach personal supervision in order to find me, he would call me on time about my fitness, but also encourage me now to develop exercise habits, and have tasted the sweetness of fitness, it will not be casually abandoned.

Mr. Lin: (34 years old, a private coaching history: 1)

Fitness persists for several years, but only by a fat, but does not change the strong build up. This year a private coach for every one of my muscles shape, and soon has been in a very asymmetrical, strong muscles. Others to this age are beginning to become obese, I have become more and more build good, very happy.

Ms: (38 years old, a private coaching history: 3)

Several years ago, I had the strain on the waist, followed has been very careful. But with the change of age, she is taking shape very serious, would like to campaign, it is also worried that my lumbar problems. Later, a friend introduced entered Fitness, also requested a private coach took me a movement. Good communication between my symptoms, he gave me a lot of guidance in the process of training is also careful to protect the safety of my waist. Now, after his guidance, I figure had improved, there are also prepared to begin treatment to the role of Pilates that can be fully restored health.

Miss Gao: (22 years old, a private coaching history: a)

My friends are like so I love sports, so I was a person to fitness. Fitness In fact, a person will Henmen, I invited a personal trainer, fitness can be together with me, giving me guidance, say something, but also to introduce friends I know, I think that's very good. It is just the international fashion fitness course, I can not backward.

Zhao: (32 years old, a private coaching history: 8 months)

I was very young when the three high, probably because I really like meat too. Please coach is because it would like to know how to eat healthy while Jiechan. Their experience in this area is very rich, I will also help menus can tell me where to produce health food procurement of raw materials. I found that so many years of eating meals, only now really will be eating.

I think this approach is consistent with my identity, but also with privacy. Therefore, to fitness, I also requested a private coach. Apart from the guidance of a fitness professional, the other aspects of well-trained, and never arbitrary ask questions, also embrace time, I think that very much respect. I will recommend to my friends so that they also hire private coaches.

Sinus Miss: (31 years old, a private coaching history: 2)

The first to experience the benefits of private coach is my production, will be attending the Air fitness Wang branch of the beautiful mother training camp. Four months, the guidance of private coach played a key role in the resumption of my build great help. Therefore, in training camp, I have been requested or private education, already in her customary under the guidance of a fitness and diet.

## About the Author

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