

My Saturday ritual

Tom Boyd

Former Western Bulldogs footballer and Lifeline ambassador

What time do you wake up on a Saturday?

My need for alarm clocks disappeared 11 months ago when my first daughter Armani was born. Now I wake up when she wakes up. Typically, some time between 6.30 and 7.30 the monitor lights up and upon entering her room I am greeted by my little girl smiling ear to ear back at me. In my opinion, it's the best part of fatherhood.

Best place to go with kids?

The beach. My wife Anna and I met as neighbours down in Anglesea when we were only months old, so our love of the coast is as old as we are. Armani loves the waves, rocks and sand (to eat, of course).

Favourite park?

St Vincent Gardens in Albert Park. We head there multiple times a week as a family. When you're there you can completely forget you are in the middle of the city.

Local coffee haunt?

Living in Albert Park, we are spoiled for choice. But The Guilty Moose and newly established Leaps and Bounds are favourites.

Best spot for date night?

When I first met Anna, she wouldn't touch anything from the ocean; now she can't get enough of it. So a typical date night for us is filled with venturing down to our favourite Japanese staple in Albert Park, Misuzu's.

Favourite takeaway?

Laurent – their avocado and walnut sandwiches are incredible.

Where and when do you exercise?

I like to walk or run in the morning to start the day. I find I feel better, work better and function better if I exercise when I get out of bed. However, to quench the competitive cravings of an ex-professional athlete, we have started up a mixed netball team too!

Best hidden treasure in Victoria?

No chance of spoiling any genuine hidden treasures (otherwise they wouldn't be hidden) – though after having done quite a bit of travel around the world in my 27 years, I must say many of the most beautiful places I have been to are right here in Victoria. But to answer the question, I will say this: If you're down the Surf Coast in the middle of summer and the beach is filled with people, you're at the wrong beach!

Favourite place to holiday in Victoria?

Anglesea – both mine and Anna's families spend most of their time down there. It's hard to beat how simple life is there.

What's your idea of the perfect Saturday?

Walk and coffee with my girls, an afternoon with our closest friends and a TV show with Anna to finish.

Tom Boyd is an ambassador for crisis support service Lifeline, which celebrates its 60th birthday this month



TOM'S TOP PICKS

PARK



St Vincent Garden,
Albert Park

COFFEE



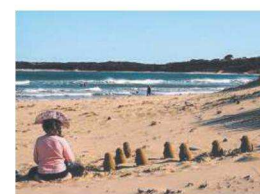
The Guilty Moose,
Victoria Avenue, Albert Park

DATE NIGHT



Misuzu's,
Victoria Avenue, Albert Park

VICTORIAN GETAWAY



Anglesea,
Great Ocean Road