# Celebrity fitness trainer Jillian Michaels criticises California's political climate, citing family's move to Miami



Celebrity fitness trainer Jillian Michaels cited a shift in California's political climate as the primary reason for her family's move from Los Angeles to Miami in June 2021. Michaels, her wife DeShanna Marie Minuto, and their children Lukensia, 14, and Phoenix, 12, relocated amid concerns over the state's decriminalization of certain crimes without accompanying regulations. Michaels expressed her frustration about these changes on Sage Steele's podcast and pointed to an incident where an intruder broke into her home but was released early due to COVID-19 policies.

She frequently criticizes California Governor Gavin Newsom, holding him accountable for policies she believes have negatively affected the state. Michaels argued that while she supports the decriminalization of activities like sex work, she believes such steps should include regulations to ensure safety and proper oversight. Highlighting her liberal upbringing, Michaels noted her diverse family's mixed ethnic and cultural background, adding that even she felt pushed out by the state's political shift.

Her views extend to contentious issues such as allowing minors to undergo gender transitions. Michaels clarified she isn't anti-trans but opposes significant medical interventions for children, favoring a more cautious approach until they are fully developed.

The Michaels family faced another setback during their move to Miami, reporting damage and loss of belongings by the moving company FlatRate, which led to a lawsuit. Michaels married Minuto in July 2022 following her split with ex-fiancée Heidi Rhoades in June 2018, with whom she shares custody of Lukensia and Phoenix.