

# Oh My Bod.

Kimberly Wyatt, 33, shares

her top-to-toe health secrets

'I've danced for 25 years and it shows'

HEIGHT: 5FT 6IN  
WEIGHT: 'I DON'T WEIGH MYSELF'  
SIZE: 6-8

## What's your favourite type of workout?

I like to mix it up so

I normally do a lot of circuit training and of course dancing. I try to go about four times a week – but it's dependent on me working, being a career woman as well as a mum.

## How do you juggle that?

As carefully as I can. Sometimes my schedule is jam-packed and sometimes it's easier to deal with. My daughter Willow [10 months] takes precedence over pretty much everything, but if it means I have to get up at 6am to get a workout in or wait until she's asleep, I'll do that.

## What's your favourite body part?

Probably my back, neck and shoulders. I've done 25 years of dance and it shows.

## Is there a part of your body you struggle to keep in shape?

I gain weight everywhere – on my arms, legs and tummy – so I have to work to get it all off. But the tummy's always last in line, especially after having a baby. I do a lot of abs and pelvic floor exercises.

## Have you got a guilty food pleasure?

I love Victoria sponge cake! I try to save cake for birthdays, but my husband [Max Rogers] and I usually have a cheat day once a week.

## What's your favourite tipple?

I love a glass of red wine, but I refuse to wake up with a hangover with my little girl so recently I've been having grape juice in a wine glass!

Kimberly's teamed up with Sure Compressed to prove the smaller, smarter can last as long as the big can. Find out more at [surededorant.co.uk](http://surededorant.co.uk)

## KIMBERLY'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



### Breakfast

Porridge with honey and raisins, plus a fresh juice with cucumber, celery, apple, pear and maybe lime.

**OLLIE SAYS** Porridge oats are high in dietary fibre to fill you up and prevent overeating later on. Porridge contains essential carbs needed for brain function and energy.

497 cals

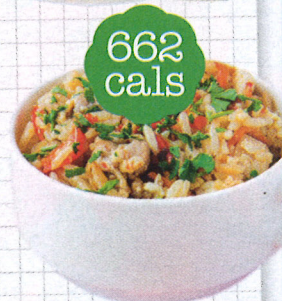


### Lunch

I like vegetables with rice, or wraps such as halloumi or chicken.

**OLLIE SAYS** Wraps are a great way to energise your body at lunchtime, providing dietary fibre. Chicken helps increase the feeling of fullness and veg is high in volume but low in calories.

662 cals



### Dinner

I love making celeriac purée with chicken or a beef fillet and some roast asparagus.

**OLLIE SAYS** Beef is rich in the amino acid leucine, which helps muscles burn calories, promoting fat loss. It also has high amounts of zinc, which helps cell growth and improves immunity.

420 cals

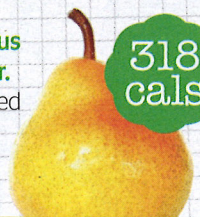


### Snacks

I try not to snack, but I'll keep carrots and hummus around or some nuts, or a piece of fruit like a pear.

**OLLIE SAYS** Nuts contain high levels of polyunsaturated and monounsaturated fats, which can help to reduce heart disease. Pears contain anti-inflammatory flavonoids and anti-cancer phytonutrients.

318 cals



**TOTAL CALS 1,897** (GDA 2,000)

**VERDICT** Kimberly's diet is packed with essential vitamins and minerals, as well as a healthy dose of carbohydrates. Her food is varied and interesting at the same time, choosing single ingredient sources of food. She gets 10 out of 10 from me!

Follow Ollie on Twitter @Ollie\_Frost