



FORMER PUSSYCAT DOLL KIMBERLY WYATT TELLS LONDON MUMS HOW SHE HELPS GIRLS GET ACTIVE AND A FEW OTHER GOSSIPS

2015 has certainly been former Pussycat Doll Kimberly Wyatt year: she had a baby daughter (Willow), she became Masterchef Champion. Now former Pussycat Doll has joined the Youth Sport Trust as a school sport ambassador. So young but so passionate about dancing and helping the selfie generation find a healthy balance in their life.

Kimberly Wyatt is best known for being a part of one of the biggest girl groups of all time The Pussycat Dolls, selling over 50 million records across the globe.

With her roots firmly planted in dance, Kimberly took on the role of lead judge on Sky1's UK show 'Got to Dance' for five seasons and recently enjoyed massive success when she was crowned winner of Celebrity Masterchef 2015. Kimberly is currently filming popular dance show 'Taking the next step' for CBBC.

Now a mum to 10 month old Willow, Kimberly lives in London with her husband Max and continues to enjoy cooking healthy family food. She is passionate about inspiring others to be fit and healthy and particularly devotes her time to inspiring the younger generation to follow their dreams and lead a healthy, happy lifestyle.

Q: Kimberly you have joined the Youth Sport Trust as a school sport ambassador. Why do you feel particularly connected with this organisation?

KW: I have joined the Youth Sport Trust as a school sport ambassador to support this independent charity's promotion of physical activity, particularly within primary schools, and encourage more young people to get active. I am really passionate about supporting young people to have the confidence to take part in physical activity. Be that traditional sports, dance or alternative sports.

I'm working with the Youth Sport Trust because I believe it's a platform that's making a real difference, for example by finding ways to connect Olympic medal-winners to those at school who are striving for greatness, wellness and true happiness.

Q: Have you always been confident with your body image as a school girl and teenager?

KW: I didn't have lots of confidence, but dance taught me how to express myself emotionally and have a bigger purpose, which gave me a voice. That's why I'm so inspired to be working with the Youth Sport Trust, talking to young people who lack that confidence to get active and teaching how to dance has helped me getting my confidence.

Q: You are still best known for being one of The Pussycat Dolls. What do you miss about being in a band?

KW: I look back at my Pussycat dolls time with nostalgic feelings.

I spent those days with my best girlfriends sharing lots of laughs and hugs. That actually continues even now in my day to day life as we are all still great friends.

It was such an amazing time and we took dance to such a great level.

Q: You are very versatile and talented with a career covering now judging on 'Got to Dance', Celebrity Masterchef and dancing still very much the core focus. How do manage our work/life balance now that you have a 10 month old baby?

KW: Work – life balance is crucial and I am aware where I am in that balance. I work really hard and now that I have a child my decisions are even more important as I need to provide a future to my little daughter.

Q: What do you like the most about living in London?

KW: London is an amazing city and what I like about Londoners is that they don't take the sun for granted so they enjoy it even more when it shines.

Q: Who is cooking at home, you or your husband? Do you have Masterchef competitions at home? What's your favourite home made meal?

KW: We cook together. Sunday roast with pork and apple sauce is my hubby's favourite but I love it too.

Last Thanksgiving day we cooked all together and we had our meal laughing and thanking for our wonderful life.

Our Weekend favorite treat is Strawberries with Honey topped with vanilla infused cream with our 'red wine' substitute of full bodies grape juice. Yummy!

Q: Young people are obsessed with their body image but also with sharing 'selfies' all the time. This is a dangerous combination. What would you recommend to both teenagers and mums in terms of dealing with this?

KW: I am passionate about fight what the selfie generation has created. The Selfie generation is atrocious but they also have YouTube and can create their own opportunities so I would recommend to see the positive. Mums need to lead by example and be with kids as much as possible.

Q: Generation 'selfie' thinks that fame comes overnight. How did it happen for you?

KW: Now that I am a mum I have a real concern about the 'selfie' generation. I call it that because I think the world of TV has taught our young generation that fame comes overnight. While fame may be ►



something you can aspire to, the message I want to send is that it doesn't happen at once. Like other high profile athletes and performers, I trained hard and I think it's my duty to clear that up for youngsters. It's always about being able to do what you love. Fame is only a by-product.

Q: What's your biggest beauty secret?

KW: I take a hot bubble bath at least once a week. I give a treat to my hard working body.

Q: If you were Queen of Britain what would you do first?

KW: I would ride a horse through Hyde Park!

Q: Is your daughter musical?

KW: Willow has already a great sense of rhythm.

Q: What should parents do to encourage your children to take on a musical instrument? Do you play any instrument yourself?

KW: I play a bit of piano, but would love to keep practising. Piano is excellent.

Q: What is your parenting style?

KW: I tend to use mother's intuition rather than manuals.

Q: Being a parent it's hard enough, but being a parent under the spotlight must be even harder. What are the coping mechanisms that you use since being in the public eye?

KW: I keep it simple. Simplicity is the best coping mechanism.

Q: Have you ever considered a West End Show role? Alexandra Burke has performed in the Bodyguard and she was wonderful although it is probably easier if you don't have a young family to take care of.

KW: In the past I was in Revolution in Haymarket. I would consider it again if it is the right one.

Q: What is the London attraction that you love the most and why?

KW: I love Regents street. It's the heart of London.

Q: What's your favourite London restaurant?

KW: My favourite restaurants are The dairy and Jaime's Fifteen.

Q: What is your guilty pleasure?

KW: Chocolate and the programme Come dine with me.

Q: What's your favourite film of all times?

KW: Elf

Q: Your favourite actress? Actor?

KW: Benedict Cumberbatch, Jennifer Lawrence and Meryl Streep.

Q: Musician?

KW: George Ezra and The cinematic orchestra.

Q: Your favourite fashion designer? And Why?

KW: Milly, an American fashion company specializing in women's clothing that was founded by fashion designer Michelle Smith. www.milly.com/

Q: Where do you like to go on holiday with your family?

KW: I love the English countryside, like the New Forest and Cotswold.

Q: Who is the person who has inspired you the most throughout your life and why?

KW: Bridget Bardot and my grandmother.

Q: Who is a showbiz personality you have worked with who have made you laugh the most?

KW: Adam Garcia.

Q: What are you up to next?

KW: My husband is a filmmaker so I often get to film dance routines for the camera and that's fun.

I will be on cooking at Saturday kitchen. I've also launched the #mumonamission workout programme with InstructorLive.com, the website that lets you stream all the workouts at a time and place that suits you best. It's the easiest and most convenient way to get fit and healthy.

I am also working on my Cookbook, a CBBC series called Taking the Next Step but my most important job at the moment is being a good mum to Willow.

Q: How would you like to be remembered?

KW: As someone that inspired people to become the best they possibly can be. I would like people to think that I have taught them that they have to give their best in everything they do."



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