

Post it notes

Pussycat Doll Kimberly Wyatt, 35, talks us through her Instagram snaps



'EXERCISE IS A HUGE PART OF MY LIFE'

My husband [model Max Rogers] started going to a callisthenics class [gymnastics-based strength classes] and I found it fascinating so I gatecrashed – now I'm hooked. It's ideal as I can do it at home, and it's great for building core strength. Having trained as a dancer, exercise has always been a huge part of my life.

'WE WANTED TO REVEAL MY PREGNANCY IN A PERSONAL WAY'

I revealed I was pregnant with my second child at Easter. My two-year-old daughter Willow is always kissing my belly, so I wanted to involve her when I told everybody. We wanted to keep it quite personal and Willow's already so excited to be a big sister.



'I SUPPORT NICOLE THROUGH HER UPS AND DOWNS'

Looking back at old pictures of the Pussycat Dolls, I remember all the laughs we had, but also how gruelling it was being on the road. I'm still best friends with Ashley [Roberts] and she has a room in my house for when she's in town. Nicole [Scherzinger] is in London a lot but keeps to herself. I try to support her through her ups and downs by texting or emailing her.



'BEING ON THE JUMP WAS AWESOME BUT TERRIFYING'

Taking part in *The Jump* in 2014 was so fun and I made some great friends. It's scarier than it looks and I was worried about getting injured, especially when celebs were dropping like flies around me, but you just have to trust your instincts.

'IT WAS GOOD TO SEE THE SOFTER SIDE OF JORDAN'

This is me, Katie Price and Matt Evers when we appeared on *Celebrity Big Brother's Bit On The Side*. Katie's been built up so much in the media that you have preconceived notions about her, but it was really good to see the softer side of her. She's actually very friendly and totally down to earth – we mainly just talked about being mums.

