

# WITNESS MY FITNESS!

The former Pussycat Doll, 35, on avoiding the gym and getting tearful during training...

**KIMBERLY WYATT**

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alk us through your fitness regime...

I do a minimum of three days a week. Sometimes six if I'm training

for something. I like to mix it up – I do yoga, dance, jogging and brisk walking now I'm pregnant.

**Can you give us a fitness tip?**

Find a workout buddy and bring fitness to you at home through apps.

**Have you ever suffered from an embarrassing gym accident?**

I once landed flat on my backside during a dance class. Ouch!

**How much is your gym membership?**

Nothing. I work out at home and in nature.

**Has exercise ever made you cry?**

Yes. Preparing for performances and pushing past your limit definitely comes at a price – and I never say no to a challenge!

**What's the most you've spent on a fitness gadget?**

Probably only £50 on weights and resistance bands. You don't need gimmicks to get fit.

**Finally, are there any healthy foods that you fear?**

It used to be quinoa and couscous as I didn't really know what to do with them. However, since winning *Celebrity MasterChef* I understand how to use these ingredients.

**Kimberly Wyatt for Zakti Activewear's dance-inspired collection for women and kids is available now from [Zaktiactive.com](http://Zaktiactive.com)**

