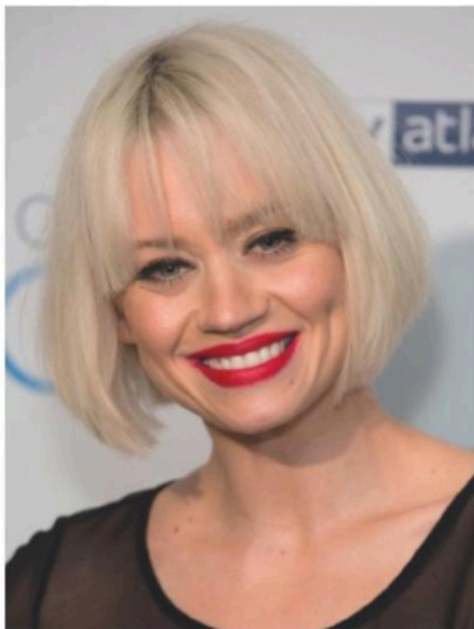


Food is one of my passions. I have a kitchen garden where I grow organic veg and herbs. I want to teach my girls (Willow, four, and Maple, one and a half) to have a healthy relationship with food. Until my late 20s I had no idea how to make a healthy meal; learning about the effects of processed food, caffeine and sugar was a revelation. Now I love to cook [Kimberly won BBC's *Celebrity Masterchef* in 2015]. Breakfast is often a smoothie, eggs on toast or banana pancakes. Corn chicken nuggets is a favourite lunch of mine and I always keep apples and peanuts on the side for snacks. I eat fish, sparingly, and I tried to quit red meat but since having children I have an iron deficiency, so sometimes my body needs it.

I felt pressure to look a certain way when I was in the band Pussycat Dolls. Moving to LA at 20 to pursue my dance career filled me with body confidence issues. Joining the band exacerbated my anxiety as I felt I was fighting for my spot. I struggled with IBS and it was a horrible feeling when I was performing in front of a sold-out arena crowd. The pressure took its toll and at one point I was sent home from the tour and missed a concert. It was a wake-up call to take care of my health. I started meditating, sorted my diet and went running and hiking. Running became a therapeutic way for me to get rid of negative thoughts.

It wasn't easy seeing my body change after having two children. I kept active



MY LIFE IN HEALTH

Kimberly Wyatt

The singer and choreographer, 37, talks about how healthy eating, dancing and meditation helps her stay balanced.



and fit throughout both pregnancies but after Maple's birth I still looked pregnant. I had to work hard to regain flexibility. My warm-ups took ages. My shoulders had shifted forward from all the carrying and breast-feeding. Having had two caesarians, I couldn't go onto the floor and get back up again. So, I built myself a programme fusing techniques from ballet, yoga and calisthenics to achieve full-body strength. I call it Bring Your Heels and I now teach it to other women.

The power of dance is amazing – more women should try it! I began at the age of seven and it's still my first love. It feeds my soul and I don't think that will ever change. Dance challenges your body and mind and is a fantastic way to stay in shape.

Exercise is such a huge part of my life. My husband [model Max Rogers] and I do calisthenics. I also do yoga classes. It's the new ballet for me. I also like a morning run along the river next to our home. Since doing the Vitality Triathlon in 2015 I have my sights set on the London Marathon one day.

Any time I feel stressed I turn to meditation and mindfulness. I light candles, write in a journal or put essential oils on my palms and breathe in the scent.

I used to be a night owl who got by on four hours' sleep. Now I need eight hours, and making it past 10.30pm is tough!

● Find out more about Kimberly's Bring Your Heels dance-based strength classes at kimberlywyatt.com

WORDS: JANE ODDY; PHOTOGRAPHS: SHUTTERSTOCK.