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KIMBERLY WYATT:

I'VE ALWAYS HAD A DANCE ROUTINE - IT'S CRAZY SEEING I

SHE'S BEEN DANCING SINCE THE AGE OF SEVEN, AND FORMER PUSSYCAT DOLL KIMBERLY WYATT ISN'T LETTING HER FIRST PREGNANCY GET IN THE WAY OF HER FITNESS

There aren't many women who'd be up for doing a high-energy dance routine on national TV when they're six months pregnant - but then Kimberly Wyatt isn't just any woman. The first-time mum-to-be showed off her moves at the semi-final of Sky's *Got To Dance* last month.

"It was a truly monumental moment as a wife and woman, and soon-to-be mum," gushes the 32-year-old former Pussycat Doll. "It was great to share that experience with the audience and also my unborn daughter. I absolutely loved the fact that, at this stage of my life, I still get to do what I love."

The Missouri-born dancer and singer says she was delighted to find out she was pregnant just after her February wedding to model Max Rogers, 32. She says: "Max and I have always wanted kids so it was a great surprise when I found out I was pregnant while on honeymoon!"

Although ecstatic at the news, Kimberly adds that it happened quicker than they'd anticipated, revealing: "We thought we'd have a little more time to have fun - but obviously everything was in very good working order!"

Kimberly has been dancing since she was seven, so being pregnant isn't going to slow her down. The American singer, who's always been slim and admits she's amazed by the way her body is changing, says: "My doctor told me pregnancy isn't an illness and that, because I've been dancing all my

life my body is used to it.

She adds: "It's been astonishing. My boobs have got bigger. Almost immediately, they were the first thing that popped. It's crazy the way your body changes - I've loved watching it."

And Kimberly says while she's not used to gaining weight, it hasn't fazed her. She says: "I feel relaxed about it, but I still can't help looking at myself in the mirror when I wake up in the morning. Max has loved seeing my body change too and can't wait to be a dad. We're just so happy. It's the cutest thing to see his eyes light up when he feels her kick."

Having always kept fit, it's no wonder Kimberly's keen to carry on staying healthy throughout her pregnancy. Before getting pregnant, she combined three 90-minute hot yoga classes a week with high-intensity cardio and circuit training twice a week.

Now she's focusing on keeping her core strength with the help of a personal trainer, who she sees twice a week for an hour. She also has a yoga teacher, who comes to her house in south London once a week.

She says: "I've also been doing light cardio and light weights at the gym too, although I always wear a wristband to measure my heart rate [pregnant women are advised not to raise their heart rate too much]. I want to ensure I'm not pushing too hard."

Due at the beginning of December, Kimberly's still very petite. The 5ft 6 star has only put on around a stone from her starting weight of 8½st. It's at the lower end of how much a woman

should gain by six months pregnant, but Kimberly's doctor is keeping an eye on her. She says: "He's reassured me that I shouldn't stress and that everything is just fine."

The star, who's planning to have a natural birth, reveals that suffering from morning sickness for the first three months meant she lost a few pounds at first, as the nausea put her off her food.

She admits: "I've never been a vegetarian but, after falling pregnant, I couldn't eat

'I'M REALLY HAPPY - AND SO READY TO BECOME A MUM'

meat. I love chicken and salmon but, as soon as I put it into my mouth, it had to go, so I've turned into a bit of a veggie."

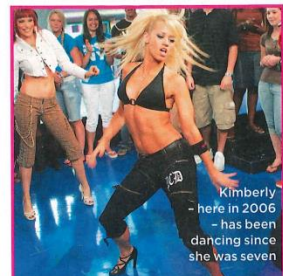
Now feeling much better, her diet consists of wholegrain Cheerios for breakfast, followed by a frozen banana smoothie for a snack, a halloumi salad for lunch, then a baked potato with beans for dinner. She also eats yoghurt for calcium and orange juice for vitamin C, plus plenty of fruit.

She adds: "I keep berries and watermelon in the fridge to make sure I don't eat the naughty stuff. If I make pasta, I try to hide some kind of meaty sauce in there and trick myself into eating it because if I can't taste it, that's OK!"

"I do wonder now if the day after I give birth I'll say to Max: 'Get me a big, juicy rare steak!'"

Although Kimberly revealed last year that her relationship with fellow former Pussycat Doll Nicole Scherzinger "wasn't always easy," she's still best pals with band mate Ashley Roberts, who she says can't wait to become "Auntie Ash."

Kimberly reveals: "She's so excited. She's been on the *Saturday Night Takeaway* arena tour so we haven't been able to hang out as much as normal, but I did go



Kimberly - here in 2006 - has been dancing since she was seven



Kimberly and Max are expecting their first child together

KIMBERLY'S BODY T CHANGE!

backstage at the O2 recently and hung out with her in the dressing room. I got my bump out and she was putting her ear to it. It was amazing!"

And with a dancer mum and "auntie," it's almost guaranteed that Kimberly's daughter will have some moves herself. She laughs: "She's been practising her high kicks in my belly already!"

She adds: "It's a new chapter for me. It wasn't until I became pregnant I realised how much I wanted to be a mum. Getting married and finding out we were having a baby was awesome. I'm so ready and so excited. This has been one of the happiest years of my life."

Kimberly's also been busy creating something else – her new perfume, Kaydance. She says: "I'm lucky that I haven't lost my sense of smell like some pregnant women!"

"I've spent two and a half years developing this fragrance, and have put my heart and soul into it – it's my first baby!"

By Lisa Marks

● Kimberly will launch her first signature fragrance Kaydance on 9 October. It's available to pre-order for £19.95 at www.thefragranceshop.co.uk.

KIMBERLY'S PREGNANCY DIET

BREAKFAST Wholegrain Cheerios with semi-skimmed milk. Orange juice.

LUNCH Salad greens with halloumi, pine nuts, sunflower seeds and raisins.

DINNER Baked potato with beans, or pasta with a meaty spaghetti sauce.

SNACKS Yoghurt and granola or a frozen banana and berry smoothie.



VITAL STATS

AGE: 32
HEIGHT: 5FT 6"
PRE-PREGNANCY
WEIGHT: 8½ST
WEIGHT NOW:
9ST 6LBS