



MY LIFE IN HEALTH

'I WAS BEING COMPARED TO MYSELF 17 YEARS AGO'

Recently crowned *I'm A Celeb... Legend*, Myleene Klass, 45, knows a thing or two about survival. Here, the multi-talented musician, presenter and mum-of-three talks to Joanna Ebsworth about the importance of facing fears, staying strong, and showing gratitude for the body you have.

I went into the *I'm A Celeb... jungle* this year for my kids. I wanted them to see that when I'm scared, I lean into it. And if there's something I don't want to do – whether that's taking part in the highest ever trial in the show's history or breaking a record by eating 60 mice tails and 40 pieces of fermented tofu – I will go for it instead of run from it, because life throws so much at you. I've been through a lot of really testing life situations, and I very much feel that the life experiences I've had,

and the things I've had to endure and find a way through, have given me the tools to say, "well, what kind of person am I? Do I rise to the challenge of this? Or do I get destroyed by it?". I choose to lean into the challenges.

My approach to fitness has varied at different points in my life. In my 20s, I was performing in the West End so I was extremely fit, could eat what I wanted, and survived on very little sleep. But when I was in a pop

band (Hear'Say), I was always travelling around or in the studio so I couldn't just drop everything and go to a dance class.

Now that I'm a mum with responsibilities, my awareness of how I look after myself is completely different because I've got two girls and I want them to see how I look at myself in the mirror, how I hold myself, and how I treat my body. It's about showing them how to look after themselves rather than saying "be fit, go and run".

'Your mind has to be in the right place to then get your body in the right place'

My body changed when I had children. I've been pregnant seven times, which is a lot on a person's body, and during my last pregnancy, I put on four and a half stone because I'd taken so many hormones. It was awful – I went through so much physically and emotionally. But when you push your body to the max, you also see what your body can achieve, so I've got a great deal of respect for this body, and I'm going to be extremely kind to it because it has seen me through the toughest days.

I get very tired from organising my life and the lives of those I look after. I try to remember to take iron supplements because I've had moments in my life where I've been quite anaemic, but I also think it's okay to admit that you're tired and say to your kids "I'm just going to take a rest now". It shows them that it's okay to have "weaknesses", as they would put it, and helps them realise that you're human too, rather than a robot that just keeps running. I like to say, "this is your vehicle, and it's the vehicle that's going to drive you through life. You can decide how to treat it, where you steer it, and what you put into it", and I've been using that analogy with them since they were very young.

I've not always been so good with my skincare in the past. I've kind of taken my skin for granted but as I've got older, I've suddenly realised I should be paying a little bit more attention to taking off my make-up properly and looking after my skin.

I love serums. If I could slather myself in any kind of serum it would be one with vitamin C. The first time I used one, it felt like it was tingling and I didn't like it, but I was told to persevere and now I swear by it.

I'm definitely more mindful about sun exposure now.

I used to be a sun worshipper, but I've seen first-hand from the freckles on my face how the sun causes skin damage. I used to think my freckles were cute, but I now realise I've literally been frying myself. So, I had a little word with myself about looking after my "vehicle", and I now put SPF 50 on every single morning. It's become a new discipline for me.

I did a lot of skipping before entering the jungle. It's my thing, and I really don't think there's any exercise that can beat it because it's an amazing full-body workout.

The irony of going into the jungle a second time was that I wasn't being compared to anyone else; I was being compared to myself 17 years ago, and that's an unusual situation. I owe my younger self a huge debt of gratitude for paving the way for me in my 40s.

I've become absolutely obsessed with my teeth!

I don't know how it happened – but my teeth really did become literally unhinged during my pregnancies and were wiggling around and all sorts! So, I decided to get them sorted out by having a fixed brace put in the back. The thing is though, when you get a brace, you've got to be very careful about oral health, so I started flossing properly and doing all the things you're meant to do to take care of your teeth, and it's become a bit of an obsession!

I incorporate activity into my life every single day.

My family and I love being outdoors and we're always playing cricket and tennis, or walking, running, skipping and roller skating – honestly, the more I'm talking about it, the more I'm thinking we really don't stop! I have a very family-inclusive approach to fitness, but I've just proved in the jungle that it works because I beat British sporting legends who were a foot taller than me, bigger than me, and supposedly "stronger" than me. It just goes to show that your mind has to be in the right place to then get your body in the right place.



Myleene is an ambassador for Skechers. Shop the range now at [skechers.co.uk](https://www.skechers.co.uk) and across Skechers stores nationwide.



My family and I are obsessed with Skechers. I officially became an ambassador for them last year, but my children and I have been rocking Skechers for years, and I've even put a little file together showing them wearing their Skechers, including the little Light Up trainers at concerts. I really love to document our life with photos and videos – as anyone who follows me on social media will know!

I think it's important to find a style that works for you. I wear Skechers all the time because they offer such a diverse range of lifestyle and performance footwear – there's something for every occasion and role in my life. I even wore them running up The Mall at the Coronation to get to my radio show on time, so I really need my footwear to keep up with me!

I wear the GO WALK Workout Walker (£120-£140) for skipping, running and other workouts, and I love wearing the UNO – Night Shades (£80-£110) with

suits and dresses for work when I want a vibrant pop of colour – I always get stopped in the street and asked where I got them from because they're so eye-catching. The Skechers Hands Free Slip-ins (£70-£145) are also great for travel, the school run and jobs where I'm zipping around and need comfort.

My love for Skechers also extends to their caps and apparel. I love a cap, especially when I might not have had time to get my roots done or run a brush through my hair in the morning. Right now, I'm wearing a lot of Skechers lace-trimmed cycling shorts and sweaters, which I buy a bit bigger because I like them to be oversized. I recently met Snoop Dogg (who was the star of the Skechers Super Bowl spot) and I was decked out in Skechers from head-to-toe for the occasion, including a reversible leopard print zip-up jacket that I live in because, as everyone knows, I love leopard print!



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