

Catching up with...

DENISE VAN OUTEN

The TV presenter and West End star talks about recovering from her *Dancing On Ice* injury and staying in top shape



Has your injury affected your fitness?

'I fractured my shoulder in three parts, but it's the torn muscles and tendons that have taken forever to heal. I haven't been able to be that active or do half the exercises I would normally do, such as burpees and sit-ups, and we've had to modify everything I do in my *Proud Cabaret* shows. Doing a certain amount of exercise is the one thing that's always kept me focused and sane outside of this crazy showbiz world, so it's been horrible and very frustrating to have that taken away.'

What has your recovery involved?

'When you're a woman of a certain age, your bone density can be lower, so I did lots of research on boosting my bone health. I upped my calcium intake and started eating lots of oily fish and, when I went back for an MRI scan, my surgeon said my bones had started healing very quickly considering my age, which I put down to eating all the right things. There's also been a lot of rehab, but I'm gradually getting back to normal and starting to think about returning to my normal exercise routine.'

How do you usually like to stay fit?

'I've always been active thanks to my job, but some of my fitness is down to allocating time with a

'Doing exercise is the one thing that's kept me focused'

PT. I find the gym tedious and boring, so I always try to exercise outdoors as much as I can, weather permitting. In lockdown, I built a big assault course in the garden with lots of obstacles and I'd run round the circuit with my daughter Betsy. It was quite comical, but I like my workouts to be fun. I often set myself challenges or turn exercise into a game because that approach works better for me.'

Has your body confidence been affected?

'Let's consider my job: I'm 47, doing a scantily clad burlesque show in fishnets surrounded by lots of gorgeous young people. I started the show pre-accident but, coming out of the second lockdown, I realised I had "lockdown belly" and I didn't want to feel out of shape because that affects your performance, your confidence... everything. So, I decided to have some ReSculpt Body Contouring treatments to target the muscles in my stomach. I love the fact

that one 30-minute session is the equivalent of doing 20,000 sit-ups, plus it's non-invasive and there's no pain or downtime. I did a course of six treatments alongside some lighter exercise and I really got the results I needed. The sessions provided a great alternative when I couldn't do my normal core workouts, and it's great knowing the treatments are there if I need them again.'

What are your hopes for 2022?

'I'd like to get through it without an injury! But I've stopped making plans as things still feel up in the air due to Covid restrictions. I wrote my autobiography during lockdown and it was a very cathartic experience. I'm just going to go with the flow, see what happens and focus on staying fit and healthy.' 🎯

Pure Skin's ReSculpt Body Contouring treatments are available nationwide at local clinics, spas and salons. Visit wearepureskin.com for a local venue.

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