

WE'RE TALKING TO...

# VICK HOPE

The TV presenter and Capital FM DJ talks about what makes her feel truly alive

## YOU JUGGLE A DIZZYING NUMBER OF WORK PROJECTS. IS VARIETY THE SPICE OF LIFE?

'I have many interests and love working in very different genres to keep all parts of my brain active. This might seem disparate to some people, but I think you can be into entertainment, sport and current affairs all at the same time. I just love story telling, so my dream job would be to do a magazine show such as *Women's Hour* or *This Morning*, where you're talking to a politician one minute, a Hollywood A-lister the next, and then giving money tips or emotional advice. Learning new things and meeting new people is what keeps life exciting and stimulating.'

## HOW DO YOU STAY SANE?

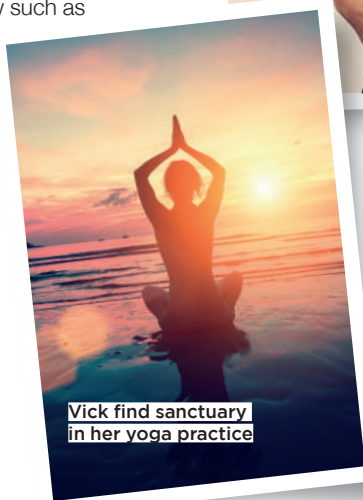
'It's hard. Being super busy can be the most exciting thing in the world, but at other times I can be running on fumes, especially on a day where I'm getting up at 4.30am for my breakfast show, then doing a shoot, and then heading on to *The X Factor Xtra Bites* show to cover behind the scenes. Last year, I worked through a big relationship break-up and only took three days off in the whole year. It wasn't until I left *Strictly...* that I realised I'd been treating my body so negligently. After that, I made a pact to take more holidays. I also practise lots of yoga after going to a yoga retreat in Malaysia last year to recover from exhaustion. I've done a few more since, and it's so restorative to focus on your mind, body and soul.'

## HAVE YOU ALWAYS HAD AN INTEREST IN SPORT?

'I luuuurve sport. I've covered cycling for Channel 4; extreme sports for Red Bull; and match day coverage for Fulham FC (I played football at uni). Above all else, I love the fan culture, especially in Stateside sports where it's synonymous with music, food, drink and fashion. So, I'm very excited to be fronting the *Yahoo Sports Presents... Tailgate* show, which shows highlights from the NFL (American football), NBA (basketball) and MLB (baseball), and celebrates UK fan culture of these sports.'



Meeting new people keeps life exciting for Vick



Vick find sanctuary in her yoga practice

## WHAT ARE YOUR PASSIONS IN LIFE?

'Travel is a huge passion. I feel most alive and most free when travelling, and freedom is everything, which is why I'm an ambassador for Amnesty International and Help Refugees. For many immigrants, it's not just the journey here, it's the journey once you get here, which is why for the past three years, I've volunteered at a refugee centre every Sunday doing arts, crafts and dance workshops with kids.'



Vick feels most alive when she's travelling

## HOW DO YOU SURVIVE THE FESTIVE SEASON?

'I'm the worst person to give advice because I go into Christmas like a magpie on crack, adorning myself in sparkles and glitter, and burning the candle at both ends. I don't like saying no to anything, and nothing makes me happier than seeing all my favourite people in a room together dancing, singing, laughing and having a great time. I love the euphoria of it! It does help, however, if you drink lots of water to stay hydrated!'

WORDS: Joanna Ebsworth