

Fabulous does...

BALLET WITH ANTHEA TURNER

We point our toes with the presenter, 56, and chat reality TV, diets and life after divorce

Where Pineapple Dance Studios, London

You've got an incredible body, Anthea - how do you manage to stay in shape?

Thank you! I do everything in moderation, and I've never detoxed in my life. I eat good food most of the time, but occasionally we all want a packet of crisps or a chocolate bar. My favourite treat is a can of full-fat Coke - and I love fish and chips. But it's a treat and I only have treats about once a month. You can't deny yourself.

Do you exercise a lot?

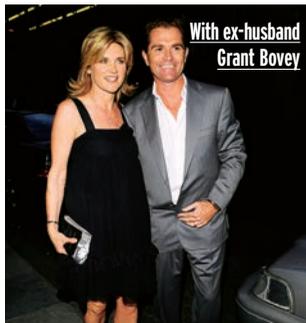
Not particularly. I did ballet until I was 16, so I have good muscle memory. I try to think about tightening my core when I'm doing everyday activities like going to the shops. People don't realise that you don't need to exercise as much as you think. If you pull in your stomach as you're walking down the street, that will help you tone up. It's not all about sweating in the gym.

Phew! Do you feel more confident about your body as you've got older?

Definitely. I know I'm never going to have longer legs, but as I've grown up I've come to terms with my insecurities. I'm always respectful of my health and my body. I'm also more aware of my mortality than when I was in my 20s.

That sounds depressing - what do you mean?

In my 40s I had a couple of friends who had cancer or got sick, and I realised I wasn't going to be here forever. I also started to notice my body changing and my skin becoming wrinkly. So I began thinking more seriously about wearing sunscreen, eating the right foods and drinking more water.



With ex-husband Grant Bovey

Btw

Anthea started out in the media as a record librarian at Signal Radio in Stoke.

In 2000, Anthea was involved in "Flakegate", when it was alleged she and Grant were paid around £300k for holding Cadbury's Snowflake bars in their wedding pictures.

You went through a divorce from Grant Bovey, 55, last year following allegations he'd been unfaithful - has your life changed a lot since then?

Yes, it has. Back in 2013, I was living in the country and going through a separation. I knew I was the sort of person who could have a horse, two dogs and a menagerie of animals and cut myself off from the world. It's easy to close yourself off, especially in difficult times, but I decided to push myself back into work. As a woman in my 50s, continuing my career was important. So I moved to Richmond in west London into a gorgeous flat overlooking the River Thames. **You've had a successful career presenting GMTV, Blue Peter and Top of The Pops. What's your secret?** I'm generally quite optimistic and I have a reasonably young spirit, which I think has helped with my career. I'm very open to things, for instance I watch *Ex on The Beach* because my stepdaughters [Lily, 24, Amelia, 23, and Claudia, 20] watch it. They are glued to it and I watch it by default because it's on, but I do enjoy it! I think it's important to keep up to date with popular culture and not to turn your nose up at anything.

Do you feel a lot of pressure being in the public eye?

I don't know any different because it's been part of my life for 30 years. I just take things as they come and roll with it. It's great when you can use your fame for a good cause, but the flip side is that when something bad happens in your life, everything gets dredged up. But I just get on with it.

If you're having a bad day, what cheers you up?

Friends - and gin! They're a miracle cure for everything. **F**

● Anthea is supporting *Stand Up To Cancer* this month to help beat cancer sooner. Visit Standuptocancer.org.uk.



Fabulous' Emily and Anthea hit the barre

Words: Emily Cope Photography: Amit Lennon, Photoshot Thanks to Pineapple Dance Studios (Pineapple.uk.com)

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