

JENNY POWELL

THE TV PRESENTER ON TEACHING HER DAUGHTERS TO LOVE THEIR BODIES AND WHY EVEN HER DOG, ELSA, IS ON A HEALTH KICK

AGE: 49

HEIGHT: 5ft 9in

WEIGHT: 10st

DRESS SIZE: 8 to 10

BREAKFAST: 'I love eggs, so I'll have them on sourdough with kimchi because it's really good for your gut.'

LUNCH: 'I normally do a chicken broth in a slow cooker. It'll have carrots, leeks and any spare vegetables that are hanging around. It's really good because everyone can grab it when they fancy.'

DINNER: 'Beef and vegetable pot roast with homemade chips.'

SNACKS: 'We're hummus-crazy in our house. I tried to make it but I couldn't keep up with the demand, so we just buy tubs. We'll have it with carrots and pitta breads.'



What inspired you to start healthy eating?

My fiancé Martin is really into nutrition. He's influenced all the family, even the dog, Elsa. He said if we give her the wrong food then she'll get ill and we'll have to pay the vet bills, and he was right. Elsa has a lovely shiny coat, she's full of energy and has great teeth.

Do your daughters ever help with the cooking?

I got Connie, who's 16, involved in cooking quite early on because I wanted her to think about what she was eating. I told her that if she eats well then she'll feel better, and she's less likely to get spots and feel tired. This sparked her interests and she wanted to know more. I've just started getting Polly, who's eight, involved too. I got her stirring and sprinkling. If they feel part of the process then they'll become more interested. I believe nutrition should be on the national curriculum.

What's on your workout playlist?

It's amazing what a 16 year old has brought to my life. I go on her friends' Spotify playlists. I have Wiley, Chris Brown and Nelly. Sometimes I'm like: 'Oh no, I think he's just said something disgusting.' I'm killing three birds with one stone – I'm getting my workout done, I'm feeling really cool and I know what's going on in those kids' minds.

Which celebrity's body do you admire?

I'd probably have to say Beyoncé. I know everyone says it, but she's voluptuous and a great role model and I think about who I want my kids to look up to.

Are you happy with your body?

You've got to be happy with yourself. I had eating disorders when I was a lot younger. When I looked at myself in the mirror I was shape A and I wanted to be shape

B. I'm so pleased with Connie because she's happy the way she is. I tell her that boys find personality and character attractive first and foremost. She's great. She just gets it. **OK!**

JENNY SUPPLIES THE COMMENTARY FOR 'BIGHEADS', NOW AVAILABLE ON ITV ON DEMAND. SHE ALSO PRESENTS 'LADIES LOUNGE' ON VINTAGE TV. SEE JENNY'S INSTAGRAM AND TWITTER @JENNYPOWELLTV.

How do you keep in shape?

I used to run all the time, but then my knees started squeaking and I thought, this can't be right. Now I live by the saying: 'Lift like a man, look like a goddess.' If you're doing weight-lifting right and you've got the right technique then you can do a full workout in 20 minutes. I try to do that three times a week. And I love yoga. Our mentality is often that if we haven't sweated then we haven't done a workout, but what we're missing is flexibility and mobility – those are core for fitness and anti-ageing.

Has exercise ever helped you through tough times?

When my marriage broke down [Jenny discovered her husband, Toby Baxendell, was cheating while she was pregnant] it definitely helped me. I'd just had a baby, which I could have used as an excuse, but I knew I had to get out in the fresh air. I could've easily become a hermit because I was getting depressed, but I made myself go out. I started with a light jog, and then I ran and ran and ran. It was very uplifting and got me out of a rut.



Above: Jenny's body idol Beyoncé. Right: The star in her bikini



With daughters Polly (above) and Connie (right, on the left)



INTERVIEW BY JOSIE COPSON; PHOTOGRAPHS BY ALAMY, FAMEFLYNET, GETTY IMAGES, INSTAGRAM, REX SHUTTERSTOCK, TWITTER

Jenny used to keep in shape by running, but has recently shifted to yoga