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**'I'm having baby no3
and I want more'**

**CHERYL'S AGONY
OVER CHEATING
SCANDAL**



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Closer

KERRY EXCLUSIVE!

**I'VE LOST A STONE
IN 2 WEEKS!'**



**JORDAN TELLS
HER CONFUSED KIDS:**

**You've got two
daddies now'**



**SIZE
12**



**'Exercise has
transformed me -
I'm getting my life
back on track'**

**SIZE
10**

**ISSUE
378**



MY LIFE'

after her marriage to Brian McFadden collapsed in 2004.

But now she insists she doesn't have a drink problem, saying: "I've never been a big drinker and I don't have a problem. I'm not teetotal either though. On my new diet plan, I will be allowing myself a few glasses of wine a week. You can't deny yourself everything."

And Kerry also denies claims she will soon be homeless after being presented with a repossession order for her home because she's failed to pay her mortgage.

She insists: "I'm not struggling to pay my mortgage and I won't be forced out of my house. I'm fed up with reading all these lies. I'm going to have the bankruptcy tag officially for the next two years but I've cleared all my debts now."

Kerry says she's determined to provide a secure future for her family – and is looking into new career paths.

She reveals: "I'm going to get my career back on track this year too. I'd love to get into acting – people tell me I'd make a great comedy actress! I'm on the lookout for the right role."

But for now, Kerry's focusing on keeping her trim new figure and although she says she'd love to drop another 3lbs to be her ideal weight of 9st, she never wants to be a size 8 again.

"I felt too thin as a size 8 and sticking to such a restrictive diet was stressful. And Mark prefers me with curves, probably because of my big boobs," she giggles.

Now Kerry has designed a realistic exercise programme she can do every day at home.

She says: "After I've dropped off the kids at school, I'm going to jog or power walk around the park for 30 minutes and then I'll do a 10-minute circuit in my home – combining sit-ups, core exercises with a fitness ball, skipping and boxing."

"I'm going to play my favourite Rod Stewart hits in the background to keep me going!" ■

● For more details on GI Jane Bootcamp visit www.gijanebootcamp.co.uk

Kerry was 10st 3lbs before bootcamp



She dropped a weeks

I finally feel sexy and now I'm a perfect 10



After losing a stone in two weeks, Kerry Katona tells Closer's Katie Banks that she's ready to turn her life around

IT'S BEEN A WHILE SINCE WE'VE SEEN Kerry Katona looking – and clearly feeling – so great. The troubled star has been laying low since she was caught allegedly snorting drugs in her Cheshire home last August.

The fallout from the scandal saw her accused of being a bad mum, and meant she lost her lucrative £250,000 a year Iceland advertising contract – adding to her financial woes after she was declared bankrupt over a year ago.

But Kerry is back – and thanks to a two-week stint in a military-style bootcamp she's dropped a stone and is determined to turn her life around. Revealing her new figure exclusively in *Closer*, Kerry says: "I feel like a completely different person! I want a fresh start.

"Last year, I was so depressed. I was spending too much time in the house doing nothing, depending on Mark for everything. Some days I was so miserable I couldn't even get out of bed. I was getting bogged down by all the problems in my life, mainly my finances and rows with Mark.

"I don't have any real mates and I'd definitely describe myself as a loner because it's so hard for me to trust people. But at bootcamp I met a group of five women who were so genuine, friendly and supportive.

"I'm meeting up with them next weekend for a big girlie night out. It's a real step forward because I wouldn't have had the confidence to do that before."

She adds: "I lost my independence but now I want it back. There are going to be a lot of changes this year.

"I know I've yo-yoed in the past but now I'm determined to keep my perfect size 10 figure. I've worked so hard to achieve it and I finally feel sexy again."

This time I've put the hard work in

Kerry, who had liposuction that took her from a size 14 to 8 in 2008, says: "This time I've actually put in the hard work without relying on plastic surgery and I feel proud of myself. And that feeling makes me want to make permanent changes to my lifestyle."

After two weeks of 11-hour days of exercise, 5ft 3 Kerry dropped from 10st 3lbs to 9st 3lbs and is now so excited to show off



Kerry spent two weeks at the GI Jane Bootcamp



She did 11 hours of exercise a day



Boxing was one of the daily activities

'I WANT TO OVERHAUL

➔ She reveals: "On the first day of the camp, I was nicknamed 'The Warrington Whinger' because I was sweating like mad and crying, 'I can't, I can't!' when the trainers shouted at me."

"It was so emotional – I felt like I was stranded in the jungle on *I'm A Celeb!* again! But when the day was over and I was having dinner with the girls, I felt such a sense of achievement. We all got on so well."

Kerry missed her children, Molly, eight, Lilly-Sue, seven, Heidi, nearly three, and Max, 22 months, but says: "Mark sent videos of them to my phone saying, 'Hi Mummy, we love you and miss you,' to keep me going."

The reality star says she's always struggled with exercise since breaking her pelvis during Heidi's pregnancy, but bootcamp has strengthened her core muscles.

"I've always detested exercise and I felt in such pain when I attempted my first jog but I knew I couldn't give up. Now I can run 1½km easily and I'm actually looking forward to working out at home. I'm definitely the fittest I've ever been," she says.

High up on the list of her lifestyle changes is ditching junk food – Kerry says she's finally willing to swap her late-night beef curries in favour of a healthy eating regime.

She explains: "Before I went to bootcamp, I had no set routine to my eating. I just had what I fancied, which was usually a takeaway. I had a psychological issue with food – when people told me not to eat something, I had to go and gorge on it immediately."

"If I had breakfast, it would be a sausage or bacon sandwich, I'd pick at finger food like chicken wings, potato pie or cheesy pasta for lunch and then it would be a kebab and chips or a Chinese or Indian takeaway for dinner."

Now she's keen to stick to the meal plan from bootcamp, which means porridge and herbal tea to start the day, a tuna salad or leek soup for lunch and pasta or fish with veg for dinner.

And Kerry – who makes no secret of her lack of cooking skills – says she also

I'd love to get into acting this year

wants to take cookery lessons. She laughs: "I rarely set foot in my kitchen but I'm researching cooking courses in my area."

Obviously time will tell if Kerry can maintain her new figure and this isn't the first time she's shaped up dramatically.

In August 2008, just months after having her fourth child Max, Kerry underwent extensive cosmetic surgery – liposuction on her stomach, legs and bum and a breast reduction, taking her from a GG to a DD cup – in a bid to regain her pre-pregnancy body.

The reality star also embarked on an intensive exercise regime with personal

trainer Scott Wright and lived on a diet of "Bran Flakes, salad and protein shakes."

By January 2009 she weighed just over 8st and was a size 8, but within months the weight crept back on as Kerry faced marriage problems – and turned to food for comfort.

In March last year, Kerry announced she was divorcing Mark after claiming that he had "bled her dry" and squandered her money on flash cars – Kerry was declared bankrupt in August 2008 after failing to pay the final £82,000 of a £417,000 tax bill.

But within four days they were back together again – and despite several more ups and downs, they celebrate their third wedding anniversary this weekend.

While Kerry doesn't deny that the relationship is still volatile, she believes they will grow old together, saying: "Every couple has their ups and downs but I'm still very much with Mark and looking forward to spending the rest of my life with him."

And now Kerry is determined to change the public's perception of her. Since the drugs scandal last year – where she was secretly filmed at home snorting what was alleged to be cocaine – her popularity has taken yet another nosedive. She was devastated to be voted the second most hated woman in Britain recently – after Jordan.

Refusing to address the drug stories, she says: "It was a really tough year and there was a lot of horrible stuff written about me. But transforming my body has made me want to overhaul every aspect of my life. I'm not living in the past now, I'm moving on."

"There are stories about me going out and boozing until all hours but the truth is I'm tucked up in bed at 8pm most nights."

"And Social Services aren't knocking down my door to take away my kids – I'm a good mum. We just had a big birthday celebration for Lilly last week and it was so much fun. I love them more than anything."

Kerry – who suffers from bipolar disorder – admitted in her autobiography that she had treatment for a drink and drug problem



Kerry and husband Mark with their kids including Mark's daughter Keeley

Kerry used to love eating takeaways



gain ze 10!

KERRY TALKS
EXCLUSIVELY
TO CLOSER



her hard work that she rushes to try on the swimwear at the *Closer* shoot.

She admits: "The thought of wearing a swimsuit used to fill me with dread but now I can't wait to show off my new body. I look in the mirror and think: "Bloody hell!"

And Kerry – who lost five-and-a-half-inches of fat from her body during the two weeks at bootcamp – says she hardly recognises her tummy.

"After four kids I couldn't feel any muscle in my stomach but now it's rock hard," she says. "I can't wait to book a holiday and show it off in a bikini!"

"I've still got all my curves and my boobs, which is good – I'd much rather have a body like Kimberley Walsh than Cheryl Cole."

Kerry spent two weeks at the GI Jane Bootcamp in Kent with Marine military fitness trainers Kevin Green and Steve Penberthy, doing 11 hours of exercise a day, which included circuit training, skipping, boxing and power walking.

But as honest as ever, Kerry admits she had a meltdown at the thought of getting up at 5.30am for 14 days in a row.

"The day before I left for bootcamp I was crying my eyes out, saying to Mark: 'I can't go!'"

"On the way in the car, I even said to my driver: 'Can we stop off in a service station so I can get a Big Mac and a Mars bar!' I thought I'd never be able to cope with such a hardcore regime."

But Kerry – who won *I'm A Celeb!* in 2004 – says after the first couple of days, she started to enjoy the group exercises and bonding with the other girls in the camp.



Kerry was a size 14 on holiday in Spain in June last year

Now she's proud
of her sexy new
size 10 figure

