

## DANCER DANIELLE BACK IN SHAPE JUST 10 WEEKS AFTER GIVING BIRTH



Danielle, second left, working out with other camp participants

PD1764703

# Mel's little sis gets fit at GI Jane bootcamp

by Hayley Robinson  
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Danielle goes through some warm-up exercises  
Pictures: Andy Payton PD1764702

**M**OST women would be trying to catch up on sleep if they only gave birth to a baby 10-weeks-ago but not actress and dancer Danielle Brown.

The 30-year-old mother of two, who bears a striking resemblance to her famous sister Mel B (aka Scary Spice), made her way to a secret location in Sittingbourne to be yelled at by an army instructor and put through her paces at the GI Jane Bootcamp.

The women only, week-long residential course has been tried and tested by celebrities such as Kerry Katona and Abi Titmuss.

Last week saw Danielle and six others taking part in an intensive training schedule carefully designed by military physical trainers, combined with a healthy balanced diet.

All her hard work paid off when final weigh-in and measurements revealed she'd lost just over half a stone and a total of six and a quarter inches all over.

With new projects lined up by her



Danielle's sister Mel, aka Scary Spice

management team, the former Emmerdale actress, who took a career break after having her two-year-old daughter Mimi, was keen to get back in shape and lose the weight she gained while pregnant with her son Hendrix. She said: "I'm from quite a fit family – my sister's obviously fit – and I was quite fit before the pregnancy but while I was pregnant I didn't really do much exercise."

"The baby is 10-weeks-old so I thought this will give me a real kick start.

"It's been really hard but amazing. I feel like I've lost weight and I don't feel bloated any more and I don't feel sluggish."

Danielle didn't let her big sis know she'd signed up to the bootcamp.

"I've not spoken to her about it but she probably knows from my mum. She's super, super fit and I didn't really want her to put me off because she's done lots of bootcamps and things but I will definitely tell what I've done and the results – I think she will be pleased," she said.

## Warm welcome at community hall

THINGS are hotting up at Teynham Community Hall.

A new gas heating system is set to be installed at the venue after a grant of £4,148 was awarded to the by Biffaward – a multi-million pound environment fund managed by the Royal Society of Wildlife Trusts and Biffa Waste Services.

Brian Sharman, chairman of the hall committee, said: "Our nearly 30-year-old heater had reached the end of its useful

life and last winter it proved very difficult to maintain a comfortable temperature.

"With the new heating our hirers can look forward to more comfortable and warmer conditions. We thank Biffaward for funding this environmentally friendly installation and for their continued support of our hall."

Using volunteer help wherever possible, the committee has recently refurbished and refitted the hall for use by community

clubs and groups and by parishioners for family celebrations.

Cath Hare, Biffaward's assistant programme manager, said: "We recognise that it is crucial for communities to have places to meet, whether a dedicated building or an open space.

"The new heating system for Teynham Community Hall will provide a warm and welcoming venue for a variety of community activities."

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Danielle goes through some warm up exercises with the other camp participants

Pictures: Andy Payton PD1764707



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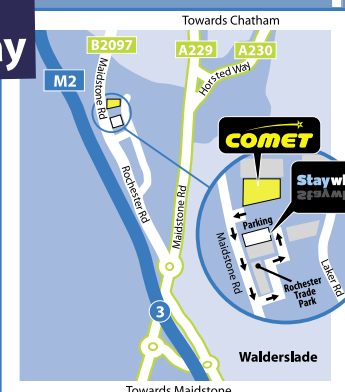
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Danielle, second left, goes through some warm up exercises with the other camp participants



Picture: Andy Payton PD1764703, 1764708



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Danielle  
talks to KM  
reporter  
Hayley  
Robinson

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