

DRUG-FREE AND FIGHTING FIT

'Boot camp has saved my life'

KERRY KATONA REVEALS HOW SHE'S SWAPPED JUNK FOOD FOR JOGGING – BUT SHE WON'T BE RUNNING OFF WITH PETER ANDRE!

Without a doubt, the biggest talking point of the last week has been the 'Are they, aren't they?' situation between Peter Andre and Kerry Katona. However, Peter has made it very clear that the pair are, and always will be, just good friends, stating: 'There's no way I would cross the line with Kerry. She said she loves me as a friend. We have been mates a long time.'

However, in spite of the rumours, he does say that he will help Kerry steer clear of any drugs when she moves into a house near his home: 'I really think she wants to turn her life around and I'm more than happy to support her while she does just that.'

Meanwhile, Kerry and Pete's manager Claire Powell has told us that we shouldn't believe all we read about her charges' relationship. 'The stuff about Kerry and Peter is totally made up and not true,' she told us. 'Peter and Kerry have a very close friendship and every female I take on at Can Associates is linked with Peter. Kerry is looking to Pete because he has dealt with a break-up and Kerry is not only dealing with a break-up, but she is also facing bankruptcy and had a drug problem.' >



Above: Kerry has cleaned up her act and is now drug free, and has lost over a stone in two weeks. Right: Kerry with her youngest daughter Heidi



Above and below: Throughout Kerry's recent health and financial worries, the love of her children has made the former mum of the year (right and far right) determined to get her life back on track. **Facing page:** That famous Katona smile is back on her face



I have taken her for two drugs tests now and she is completely clean. Kerry now has a good, solid team behind her.' Claire added: 'The only time she is alone is when she's in bed. After everything that has been written, Kerry wasn't even going to go to Pete's concert recently because she didn't want to be a distraction from his music, but I told her to go because she's his friend and shouldn't let that stop her enjoying herself.'

As part of her rehabilitation, Kerry has been busy losing weight at boot camp. And since she got back she has maintained her keep-fit regime under the guidance of her trainer Scott Wright who says she 'got her act together' and is 'proper dedicated' about keeping her body in trim. Here, Kerry opens up about her new clean life and how she dropped from a size 12 down to a size 8...

Kerry, you look amazing – how much weight have you lost?

Just over a stone. I lost a stone in the first two weeks I was there and I've kept it up by getting up every morning at 6.15am, jogging, drinking herbal teas and eating porridge. I'm off the beef curries – I've had the odd chicken curry here and there but I've been maintaining the exercise really well.

What made you decide to go to boot camp? Was it just to lose weight?

Well I actually got asked to come along and do it, and it was the best thing that's ever happened to me. It's not just about the fitness or losing weight, it clears your head – you can be up and down, and you get to meet some fantastic people there and you're socialising. It's great fun.

Is this the first time you've tried to lose weight in a healthy way?

Oh definitely, because I'm a right lazy cow! But doing this has been absolutely brilliant because I had it drilled into me for two weeks. I even bought a bike to exercise on. And then when I did a magazine shoot I had to miss two days of training, which really did my head in. Before I couldn't even walk round my kitchen with my bad back, having four kids and my pelvis and all that. The core exercises have just made me so much stronger.

You're a busy mum – are you going to be able to maintain the regime as well as looking after the kids?

Well they're in school in the day so it's not too bad, plus I've got a nanny. I get up in the ▶



morning and go for a jog at 6.15am, get home, do a bit of dancing in the living room with the kids, get them ready for school, get the music on, take them to school, come home, go in the gym for half an hour and hey presto!

Running around after the kids must keep you pretty fit too...

Yeah it does. I mean, I didn't think I had that much weight to lose anyway. It was about the weight when I went to boot camp but as I was there it gradually became a mental thing.

What did you enjoy most and dislike about the camp?

The only thing I didn't like was the bike riding. Being a lady it was quite sore! Also, I was a quite

isolated person at first. But then I got to meet a wonderful group of women. The people at the boot camp who run it, the trainers, the people who run the B&B are great. Everything about it, the discipline of it, realising that you don't need medication to make you feel better or anything like that, the exercising and learning about the endorphins in your body, it's great fun. The first week, all I did was moan and whinge – I had every injury going, I had a popped rib, I ripped me hamstring and I tried to get out of everything. But it's the end results and you look at the way your mental state feels – it's unbelievable! **OK!**

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