

DIET & BODY SPECIAL

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DIET
MAG

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FAMOUSLY FIT

**EXCLUSIVE! KERRY'S
AMAZING NEW BODY**

**"HOW I DROPPED
3 DRESS SIZES...
AND YOU CAN TOO!"**

FOLLOW HER 7-DAY PLAN INSIDE



MICHELLE
KEEGAN

ROCHELLE
WISEMAN

**HOW TO GET
A BIKINI BODY
LIKE THIS!**

EXCLUSIVE!
**MICHELLE
HEATON**
**"LOSE
2 STONE
WITH MY
SIMPLE GUIDE"**



**GET
A BUM
LIKE
PIPPA'S!**



THEN
SIZE 14

NOW
SIZE 8



"MY NEW BODY HAS CHANGED MY LIFE"

"Follow my secrets to dropping 3 dress sizes and 24lbs"

A

s far as body makeovers go, Kerry Katona's has been nothing short of

miraculous.

To look at her lean limbs, toned muscles and glowing complexion you would never guess Kerry was once overweight and that she used drugs as was widely reported in the press.

Over the past 16 months Kerry has lost three dress sizes, going from a size 14 to a slender size 8, and dropped from 10st 3lb to an amazing 8st 7lb.

Kerry, 30, who was once infamous for her love of junk food, kicked off her amazing transformation by signing up to the GI Jane Bootcamp. It helped her overhaul her eating habits, kick drugs for good and boost her self confidence.

The ex-Atomic Kitten singer, who is mum to Molly McFadden, nine, Lilly Sue McFadden, eight, Heidi Croft, four and Maxwell Croft, three, also landed a plum role as a contestant on ITV's *Dancing On Ice* and ITV2's *Kerry Katona: The Next Chapter*.

Turn the page for OK!'s amazing guide to getting Kerry's new body. GI Jane's personal trainer and dietician has also drawn up a simple, seven-day diet and fitness plan, exclusively for OK! readers. Repeat the plan weekly to help you achieve Kerry's sleek curves!

OK! also caught up with Kerry to talk about her dramatic

weight loss, her motivation behind it and her tips for how you can copy her.

You look amazing, Kerry! What weight and dress size are you now?

"I was size 14 and 10st 3lb. Now I am 8st 7lb and size 8. My weight hasn't changed even though the papers have said that I have put on a stone in weight - I am still size 8! I work out for a healthy mind and to keep in shape. I have got the exercise bug and I absolutely love it!"

You have credited the GI Jane Bootcamp with transforming your body. Now you have left the camp, what keeps you motivated?

Since losing weight and getting in shape I feel better than ever before and I have come so far in the past year. I work out four to five times a week and also do my fitness DVD. I genuinely feel better when I eat healthily and work out. I still like to treat myself but when I eat grilled fish with lots of vegetables it makes me feel better than after a stodgy curry!

You were exercising every day to train for *Dancing On Ice*. Do you miss that or are you still doing the same amount of exercise?

Dancing On Ice was an incredible experience and it was much more than a skating show for me. I was training and skating everyday so was using every muscle in my body which was really tiring. Dan (dancing

partner Daniel Whiston) has become a great friend and I am sure we will meet up and go skating again soon.

What's a typical diet and exercise routine for you now?

It depends on what the kids are doing, if they are at school or on holiday and how busy my diary is. I try to do my DVD (*Kerry Katona Real Fitness*) for 20 - 45 minutes. For breakfast I usually have porridge, then for lunch a chicken salad. In the evening, I love grilled fish, especially seabass, with lots of vegetables and new potatoes, although I still have treats.

Is it important to you to pass on your new healthy lifestyle to your children?

Absolutely. I am in a really good place and am very happy and my kids can see that. I encourage them to play outside and be active rather than sitting in front of the TV. We go for bike rides and walks together, too. I prefer them to be active. I can be strict but we do have fun.

Has your new body changed you?

Working out has changed my life and I have a positive and healthy outlook. I am much more confident from being in shape. I am in a good place and confidence comes with age. I still have a long way to go but I am getting there.

What are the biggest changes, has it made you feel sexier?

I don't know if I feel sexier,

but I think that I look alright considering I've had four babies! I don't think any woman is 100 per cent happy but I work out to stay in shape and am healthy and that is what is important.

Tell us about your old diet?

I used to eat so badly, I was taking drugs so I'd eat nothing all day and then binge at night, and when you eat like that, you store fat cells so you don't lose weight. I'd be starving by dinner time so I'd eat whatever I could. It sounds odd but I eat so much now, but because I'm eating healthy food little and often, I'm losing weight. I never thought I'd be talking like this but it's common sense!

Have you stopped drinking alcohol?

I've never been a big drinker because I don't like the taste of alcohol. I've never been one of those people to sit at home and have a glass of wine.

You want to give up smoking, are you worried about putting on weight if you do?

It's something I have to do but it's one step at a time - I have started cutting back.

Who do you think has the best body in showbiz?

Cheryl Cole, I've not seen her for years in the flesh but she's got a lovely body.

Would you have more liposuction?

No, because the sense of achievement you get from working out is amazing.

Cover Image: Kerry wears bikini by Caprice available from www.caprice-online.co.uk and bangle by Butler and Wilson available from www.butlerandwilson.com. Main: Kerry wears bikini from Simply Beach available from www.simplybeach.com and coat by Newlook available from www.newlook.com. Right: Kerry wears Monokini from Sandstorm Boutique available from www.sandstormluxury.com



KERRY KATONA: THE NEXT CHAPTER IS ON WEDNESDAY ON ITV2 AT 9PM. KERRY KATONA: REAL FITNESS IS OUT NOW AND AVAILABLE ONLINE AND IN ALL GOOD STORES. WWW.GIJANEBOOTCAMP.CO.UK



Kerry's delighted with her new body

DIET GUIDE

KERRY'S BOOTCAMP REGIME

Kerry turned her life around with the help of the GI Jane Bootcamp. OK! spoke to the bootcamp's owner and director, Sharon Smith, to discover the secrets to Kerry's hot body. The bootcamp's personal trainer and nutritionist, Mandy Aichen, has also drawn up this seven-day programme exclusively for OK! readers.

"I think Kerry has been an absolute inspiration to women from all walks of life," says Sharon.

"She came to us at the right time. When you're at camp you get such a sense of achievement that you realise you can do fantastic things when you've got a clear head and you are focused. For Kerry it was always the mental side and the weight loss was an added bonus really, because exercise is the best way ever to clear your head."

So how exactly did the GI Jane team whip Kerry and her fellow campmates into shape?

"It's a calorie-controlled diet, 1,500 calories a day, no alcohol, no caffeine and all is natural," says Sharon.

"We weigh and measure them on the very first day and then they don't see the scales again until we weigh and measure them on departure."

"We do a seven-day camp where we guarantee that you will drop a dress size and your average weight loss will be seven pounds and about 10 inches in a week. Then we do mid-week and weekend programmes, where over a weekend you can expect to lose four pounds."

Stick to the GI Bootcamp way of life and campmates can have an even bigger transformation than Kerry.

"At the bootcamp you'll be doing between 10 and 11 hours exercise a day. You're up at 6am, and you'll do an hour training before breakfast, which is at 7.45am. Then you're back out again training. You have a snack at 10am, then a two-hour session. Lunch will be 12-1pm, then a session until 3pm. You finish for the day at 5.30pm, followed by dinner at 6pm."

"They leave us with a personalised plan. Our trainers are always in touch with them, and so are we."

MONDAY

BREAKFAST

Porridge with fresh strawberries (strawberries get the metabolism going).

MID MORNING SNACK

A piece of fruit/Ryvita with cottage cheese/yogurt with blueberries/rice cake.

LUNCH

Tuna salad.

AFTERNOON SNACK

A piece of fruit/Ryvita with cottage cheese/yogurt with blueberries.

DINNER

Homemade turkey burgers with a handful-sized portion of good carbs.

EVENING SNACK

A cup of green tea. Plus two litres of water a day.

TOP TIP

The diet is three meals and two snacks. The snacks should be 100 calories, it's all about making the right choices.

TUESDAY

BREAKFAST

Muesli with skimmed milk.

MID MORNING SNACK

A piece of fruit/Ryvita with cottage cheese/yogurt with blueberries/rice cake.

LUNCH

Leek soup with brown bread (up to 2 slices allowed a day).

AFTERNOON SNACK

A piece of fruit/Ryvita with cottage cheese/yogurt with blueberries.

DINNER

Fish with a selection of green vegetables plus a handful of good carbs.

EVENING SNACK

A mug of green tea. Plus two litres of water a day.

TOP TIP

This plan is about changing your whole lifestyle, it's not a diet, it's healthy living, making the right choices.

WEDNESDAY

BREAKFAST

Two pieces of brown toast with peanut butter.

MID MORNING SNACK

A piece of fruit/Ryvita with cottage cheese/rice cake/yogurt with blueberries.

LUNCH

A jacket potato with cottage cheese and salad.

AFTERNOON SNACK

A piece of fruit/Ryvita with cottage cheese/yogurt with blueberries.

DINNER

A handful-sized portion of brown pasta, with meat and a sauce of your choice and salad.

EVENING SNACK

A mug of green tea. Plus two litres of water a day.

TOP TIP

Spread your calorie count allowance out throughout the day.

THURSDAY

BREAKFAST

Porridge with nuts and dried berries and soya milk.

MID MORNING SNACK

A piece of fruit/Ryvita with cottage cheese/rice cake/yogurt with blueberries.

LUNCH

Meat (chicken breast) with green salad.

AFTERNOON SNACK

A piece of fruit/Ryvita with cottage cheese/yogurt with blueberries.

DINNER

Quorn chilli can come with a handful-sized portion of carbs such as jacket potato.

EVENING SNACK

A mug of green tea. Plus two litres of water a day.

TOP TIP

Eat good carbs, such as brown pasta and brown rice with a maximum of two slices of bread a day.

FRIDAY

BREAKFAST

Muesli with soya milk.

MID MORNING SNACK

A piece of fruit/Ryvita with cottage cheese/rice cake/yogurt with blueberries.

LUNCH

A lean ham sandwich

AFTERNOON SNACK

A piece of fruit/Ryvita with cottage cheese/yogurt with blueberries.

DINNER

Chicken wrapped in Parma ham with fresh green vegetables.

EVENING SNACK

A mug of green tea. Plus two litres of water a day.

TOP TIP

The more vegetables you eat the more full you get so it's better for you.

SATURDAY

BREAKFAST

Porridge with blueberries.

MID MORNING SNACK

A piece of fruit/Ryvita with cottage cheese/rice cake/yogurt with blueberries.

LUNCH

Fish with vegetables and a jacket potato.

AFTERNOON SNACK

A piece of fruit/Ryvita with cottage cheese/yogurt with blueberries

DINNER

Sweet potato with lamb steak and veg.

EVENING SNACK

A mug of green tea. Plus two litres of water a day.

TOP TIP

Alcohol isn't completely banned but you have to count these calories in though.

SUNDAY

BREAKFAST

Two slices of brown toast with jam.

MID MORNING SNACK

A piece of fruit/Ryvita with cottage cheese/rice cake/yogurt with blueberries.

LUNCH

Brown rice with Quorn chilli and salad.

AFTERNOON SNACK

A piece of fruit/Ryvita with cottage cheese/yogurt with blueberries.

DINNER

A small portion of new potatoes, green vegetables and grilled fish.

EVENING SNACK

A mug of green tea. Plus two litres of water a day.

TOP TIP

Once a week allow yourself to eat something you really like such as chocolate, but then go to the gym and work it off.

EXERCISE PLAN

Mandy recommends working out five days a week, doing the same routine each time, as follows...

Do 40 squats comprised of: 10 normal squats, 10 pulses, 10 normal squats, 10 pulses. Then work your abs with 25 sit-ups in a small movement. Follow with 10 minutes of light hand weights working your upper body using 1-3 kgs and doing reps quickly. End the circuit with 25 press-ups.

Follow with 30 minutes of activity such as running, jogging, a long walk.

Stretching, leg stretches, upper body, arms, across the body, behind the neck, and make sure you really stretch your legs. At the bootcamp we have a barrel of cold water that they jump into at the end of a workout for five minutes.

It doesn't look very appealing because it's ice cold, but it does work wonders. If your legs are tired, it really does help.

TOP TIPS

1 Exercise a maximum of five out of seven days a week as your body needs time to rest and recover. I recommend a minimum of three activities a week which can be anything from a 30-minute walk to a session in the gym. I do encourage them to go to the gym and get a programme there once they leave the camp.

2 If you follow the diet and do 30 minutes plus of high-intensity exercise, three times a week, you will lose weight. It's as simple as that. It's about getting into the mind set of doing it and carrying it through.

Kerry worked hard at bootcamp



And the results are clear to see