

# STAR BODIES

YOUR WEEKLY GUIDE TO CELEBRITY DIET AND FITNESS

## WHAT I'VE EATEN TODAY...

### CAMILLA DALLERUP

The former *Strictly Come Dancing* ballroom dancer, 38, reveals her love of red wine and chocolate tiffin



#### BREAKFAST

"I had a cup of coffee, followed by a simple bowl of porridge with bananas and dates mixed in with it."

438 CALS

#### LUNCH

"I had a rye bread sandwich with avocado and prawns and I washed it all down with a glass of pure orange juice."

455 CALS

#### SNACKS

"I had hot chocolate and some tiffin. Tom Chambers' mum baked it and brought it to the theatre where I'm in *Calendar Girls*. Delicious!"

443 CALS

#### DINNER

"I had lamb tagine with pomegranate, and instead of having a dessert later I just had one glass of red wine."

589 CALS

DAILY RECOMMENDATION  
2000 CALS  
**TOTAL 1925**

**THE EXPERT'S VERDICT:** Nutritionist Kirsten Brooks says: "Camilla is eating lots of slow-release carbs with the oats and rye bread, which provide sustained energy and are filling, although sunflower seeds sprinkled onto porridge, instead of dates, may be less sweet and better for some essential fats."

**DIET MATHS**



MINCE PIE

215 KCALS

= 20 MINUTES OF JOGGING

## TRY THIS!

### LITTLE BLACK DRESS CLASS

With the party season upon us, the clever people at Bootcamp Pilates have brought back their brilliant Little Black Dress class!

Using a body reformer machine, the 55-minute LBD class teaches you Pilates exercises to get rid of bingo wings, while a set of challenging exercises will give you defined back muscles. Last, but not least the class finishes with some tough leg and glute movements to leave your pins toned and sexy so you can hit your Christmas parties looking fabulous! And with their new introductory offer of £12 for two classes they'll have you looking gorgeous in no time. Visit [www.bootcamppilates.com](http://www.bootcamppilates.com) for more info.



## HOW TO GET KIMBERLEY'S ABS!

Want to know *Girls Aloud* star Kimberley Walsh's secret to her fab abs?

"The Plank is great for toning your stomach. Lie face down, clasp your hands together and balance on your forearms and toes, pulling in your tummy. Hold for 30 seconds, gradually increasing to one minute."



\*WWW.EATYOURSELFTOHEALTH.COM  
PHOTOS: ALAMY; GETTY IMAGES; FEATURE FLASH