

'Lift weights like a man... look like a goddess!'

Jenny Powell talks to *Bella* about looking fab at 50

Jenny Powell first shot to fame turning the letters on *Wheel Of Fortune* in the Nineties and has been on our screens ever since. Having turned 50 this year, Jenny is looking better than ever, often posting pictures of her toned bikini body on her social media.

Living in Cheshire with her fiancé Martin and daughters Connie, 17, and Pollyanna, nine, from a previous relationship, Jenny tells us how she manages to stay looking so great in between going on holiday with celebs pals like Denise Welch, who lives nearby, and doing the school run...

Hi Jenny. You look amazing in your holiday pictures!

Oh thank you! I'm 50 now and I love it and I feel good. For women in this day and age to feel confident, it's tough, it takes effort, but we should put it out there. Don't lose your confidence, no matter what. And when I feel confident I think, "Right I'm feeling quite good, I might change up my diet a little, I'm going to keep that exercise regime."

Do you go to the gym a lot?

I do a lot of stuff at home. I used to run, but after about the age of 40, gravity takes over and I think when we run, everything drops – your face, boobs, everything. You're not toned, you're wobbly. And it's not great for your joints. My partner Martin has really got me into fitness, health and diet. He's helped me with a little

programme to do. The greatest excuse is, "I haven't got time." My kids are all over the place, I'm taxiing them around, so I just need 20 minutes.

What's your workout regime like?

I do things like squats and lunges, which you can do anywhere. Ab work or lunging on steps at home, which is great for your butt.

I've got kettlebells lying around everywhere, but you've got to use them properly. I've been in the gym and I've seen people doing them all wrong and all you're going to do is build the wrong muscles in the wrong places and probably hurt your back. Make sure you learn properly. There's no excuse because we've all got the internet now.

Do you do a lot of weightlifting?

Yes. Women worry about weights because they don't want to bulk up, but you won't, it tones you. It's all about technique, [doing] little and often. If you do the technique well, you don't have to spend an hour in the gym. You can do three sets of 10 reps, and if you're doing those sets properly, it's more effective.

As you get older it's more about strength and flexibility and building up muscles. "Lift like a man, look like a goddess!"

What about cardio?

It can be lonely training at home, so I do a boot camp – that's where I get my cardio. The trainer makes us do quick sprints and a lot of

burpees, which I know are horrible but are very good for you.

I like to go to a yoga class as well. That environment is good for your body and your mind. If you keep at it, it's brilliant for your flexibility but also your mindfulness, being able to switch off.

What dress size are you now?

I'm an 8-10, I've not really moved much from that. I feel I've toned up a lot. When all I used to do was run, I was probably an 8 but it used to drain me, I'd feel knackered. Now, training the way I do with weights, I think I look healthier.

And what about your weight?

I don't weigh myself, I'm not really into that, but I think I'm about 9st 7lb. It's more if I feel flabby. There are certain clothes you wear when you're feeling really good, so it's more about that.

But if I go away on holiday, I don't find a gym – I'm on holiday! Or if I come home and I think, "Oh, I can't be arsed with it," I don't work out. I'm not manic about it.

Do you feel pressure to look good at 50?

During the run up to it I was thinking, "Oh God, I've got all my grey hairs." Also, I've been on TV



With fiancé Martin



Jenny soaking up the rays in St Tropez

since I was 16, so there are people on social media who remember when I was a kid. I think I've been a bit more aware because I get compared to [how I was] 30 years ago. But I've never been neurotic about it and everyone's been complimentary about it. Most people say I haven't changed a bit, so that's great.

I was really conscious of it, looking at old pictures and thinking I'm ageing. But then I got to 50 and I got to this point where I was like, "Actually, I'm not ageing, just changing."

Are you strict with your diet?

I don't calorie-count or anything, but I try and make everything from scratch. I swear by my slow cooker! I make something in the morning and leave it in the slow cooker, then when I'm rushing at the end of the day I can just chill.

At home we say sugar is poison

and we eat organic as much as possible. We have a lot of good fats, like unpasteurised butter and cheese.

Earlier, I was really hungry before the school run and I just had a big block of unpasteurised cheese and then I wasn't putting it on a bit of processed bread filled with sugar and rubbish.

You recently had a holiday in St Tropez with Denise Welch, who at 60 is also looking amazing! Do you two ever work out together or share fitness tips?

Sometimes she comes over to work out. When we were away together we had a bit of a giggle. Kate Thornton was there as well and I ran a little workout. I'm more likely to meet Denise for a coffee and a good ol' catch up. But she's doing amazingly well. She looks absolutely fantastic, credit to her. I just think she's done absolute wonders the past few years.

Words: Amy Lo. Photos: Instagram: Denise Welch / Jenny Powell, Shutterstock



Working out in the sunshine



Denise Welch (front), Kate Thornton (first right) and Jenny (third from right) on holiday

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