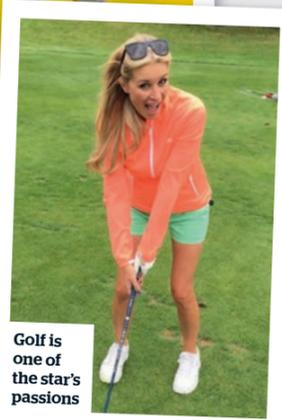


Denise and her daughter Betsy



Golf is one of the star's passions

vegetable garden and grows her own produce. In London, she's a sushi fanatic. 'We don't have sushi bars where I live, so I crave it!'

Denise does admit some diet downfalls. 'Give me a family-size packet of crisps and I'll eat the whole bag at once. I'm the same with a cheeseboard - I could demolish the lot!'

She also has a healthier food addiction: 'Sprouts. By the bowlful!'

'I eat for energy'

Her current favourite is avocados. 'They're very fashionable, aren't they?' she jokes. They're breakfast, with smoked salmon or scrambled egg and sourdough bread.

'Betsy loves yogurt, so we have that with blueberries or raspberries. Since becoming a mum, mealtimes are far more important to me. In my twenties I used to eat on the go and run on nervous energy, but now I always try to sit down with Betsy. A favourite of hers is bolognese - I'm good at sneaking hidden veg into it!'

'It's not about getting a six-pack'

Denise knows that maintaining exercise in her forties is important. 'I like to be able to run around with Betsy and keep up with the kids,' she jokes. 'I think as an older mum it's important to be able to do that. What I do is manageable as a working mum. I'm certainly not obsessed about having a six-pack. Fitness is about making me feel good. I'm not doing it for anyone else, just me.'

So, what's next for the woman who thrives on challenges? 'This year, I want to get my official golf handicap and become a stronger swimmer. And I'd love to do another trek - base camp at Everest.'

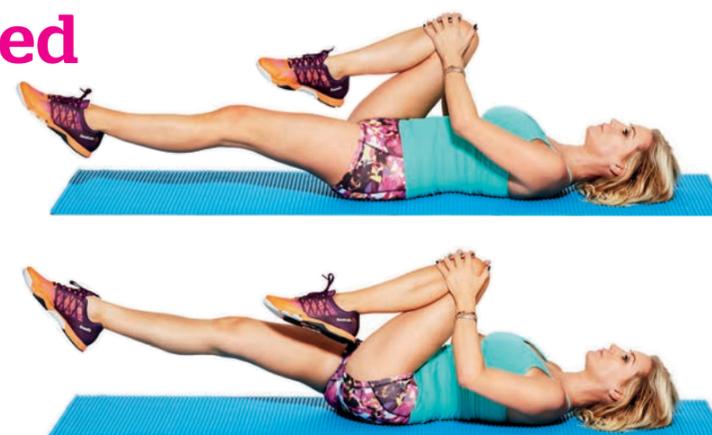
We reckon she'll achieve all three.



Denise's toned leg tricks

» Kneel rolls to chest

» Lie on your back, legs out straight. Bend one leg up, pulling your knee towards your chest. Try and keep the other leg straight. Hold for a few seconds. Repeat with the other leg. Aim for 5 sets on each leg and 10 reps.



» Bulgarian split squat

» Stand lunge-length in front of a block. Rest the top of your left foot on the block behind you. Lower your body until your left knee nearly touches the floor and your right thigh is parallel to the floor. Aim for 10-12 reps on each leg.



» Step-ups

» Step on to the block with your left leg, then step your right foot up to join your left. Step back down with your left and bring your right to join it. Repeat for a minute, then swap your leading leg.



» Squats

» Stand with feet hip-width apart, arms by your sides. Lean forwards to 45 degrees, arms in front of you at shoulder height. Bend knees into a squatting position, hold for a couple of seconds, then return to standing. Build up to three sets of 20 daily.



Good for A PERKY BUM

Words: Jo Willacy Photos: David Venn Styling: Kellie Duggett Hair & make-up: Lottie Brooksbank using MAC Cosmetics and Bobbi Brown Denise wears: Vest, £14.99, H&M; hm.com; shorts, £24, Adidas; adidas.co.uk