

**Why are you so passionate about health and fitness?**

'So many reasons! I used to model and all I cared about was being thin. I was so uneducated about food and exercise. Although I've been into my health for a long time, I started a major health kick around a year ago. I gave up alcohol for six months. I also gave up wheat, sugar and coffee and focused on what I was putting into my body. I feel better, healthier and have more energy than ever. Plus I set up my Twitter account (@ByramBod) and if I'm giving people tips, I need to practise what I preach!'

**What exercise do you do?**

'I train with Dalton Wong (twentytwotraining.com). He's so knowledgeable and understands women and their bodies. I'll do weights and HIIT with him two to three times a week. I'll also do Paola's BodyBarre (paolasbodybarre.com) - a mix of TRX, ballet, Pilates and core work. I'll run once a week and do yoga and Pilates too.'

**Is there any exercise you don't like?**

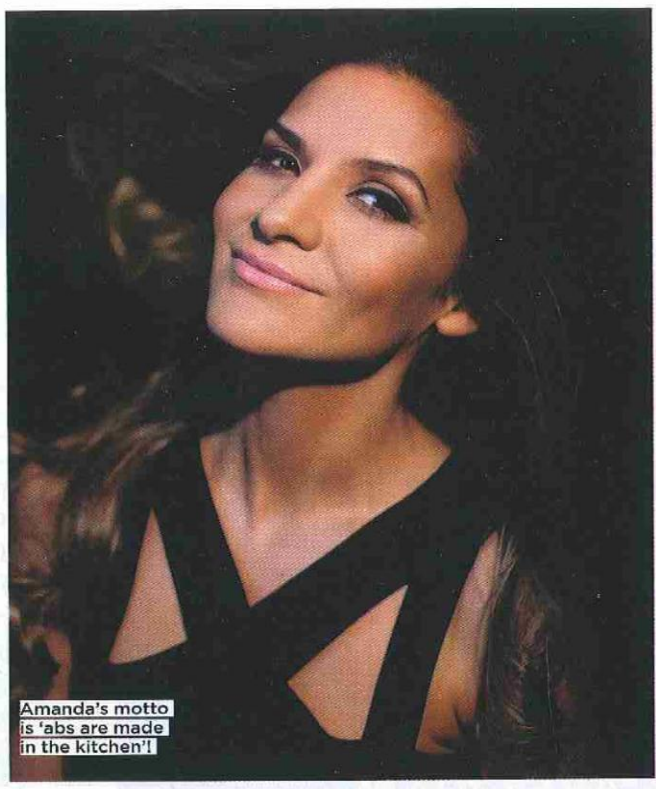
'I don't wake up thinking "I can't wait to squat!". The feeling after is amazing though. Leg days are never good and neither's Tabata. Dalton does it at the end of a 55-minute session!'

**What's your diet like?**

'The word "diet," to me, is such a misnomer. Diet is all about how we eat; it's about a lifestyle and maintaining it. I tend to eat really clean, so lots of veg, fish and pulses. I gave up meat last year after eating a lot of it back in the Atkins days - I'd eat two or three chicken breasts a day! I dip in to raw food and always have loads of energy when I do. I juice every day and eat loads of healthy fats. I've even got a superfood cupboard at home packed with cacao, maca, acai, baobab...'

**What are your favourite treats?**

'I love chocolate, but since I've mostly given up sugar, I make my own from cocoa nibs and coconut oil. It's really



**WE'RE TALKING TO...**

# Amanda Byram

The TV host, 41, chats about her passion for all things health and those big red balls!

yummy! I love a glass of wine or vodka - I'm Irish, it's hard not to!

**So it's important not to get obsessed with being healthy?**

'It's really important. In the run-up to a shoot, I wanted to train seven days a week, but Dalton refused to let me. He made me go to flotation tanks and get aromatherapy massages. The less stressed you are, the better your body reacts. Women stress so much about weight that our cortisol levels shoot through the roof and contribute to weight gain. The irony of it is ridiculous!'

**Who's your health inspiration?**

'I love Miranda Kerr. She eats really clean and swears by juices and superfoods. You

just need to look at her. I also admire the thinking behind Jessica Alba's eco-friendly company, The Honest Company (honest.com). I'm a big fan of paraben-free products.'

**Did you ever try the Total Wipeout course?**

'No! We weren't insured so I would've had to do it on my day off and the balls were deflated on those days. It meant I was removed from it though, and could take the mickey out of the contestants!'

**Was it fun to work on?**

'It was so much fun, because it was just so silly. I got to watch 1,500 people over six years fall flat on their arses. People tell me I was good on the show, but all I did was say what everyone else was thinking.'

**Tell us about your beauty regime**

'I never go to bed with my make-up on, no matter how drunk or tired I am. I use paraben-free products, such as REN, and have facials twice a month with an amazing facialist, Vanda Serrador. I think beauty's ultimately about what you put in to your body though. I use Udo's oil (udoschoice.co.uk) and can see the difference in my skin when I'm taking it. I also use its 'Beyond Greens' range when I'm travelling.'



Amanda makes juices every day



Amanda has a PT

**TOP TIP** 'If you do the same exercise day after day, you won't see results, so it's important to mix things up! Plus it's way more interesting...'