

'I'D LOVE MORE CHILDREN'

'GOOD MORNING BRITAIN' STAR **KATE GARRAWAY** TELLS **OK!'S** MICHELLE GARNETT ABOUT OVERCOMING A FEAR OF THE MENOPAUSE, HER SEX CHALLENGE AND HOW HER HUSBAND FEELS ABOUT HER CONFESSIONS!

She's earned the nickname 'Calamity Kate' due to her comical on-screen accidents, including the infamous knicker-flashing moment and having lipstick on her dress while reporting on President Trump's inauguration. But *Good Morning Britain's* Kate Garraway is a smart cookie at heart. As well as occupying the sofa with Ben Shephard, Piers Morgan and Susanna Reid, the presenter also has a show on Smooth Radio and raises two children with her husband Derek Draper.

Between all that, she's found time to pen her new book, *The Joy Of Big Knickers* – an eye-wateringly honest guide to coping with midlife and beyond. Peppered full of hard facts and hilarious celebrity anecdotes, it covers everything from diet dilemmas to worries about ageing.

Kate even describes how she and Derek tried to pep up their relationship by having sex once a day for a fortnight. Unfortunately, it wasn't a success. 'We were eight days in and then he tripped over in the park, broke his foot and ended up in a wheelchair!' Kate confides to *OK!*

While she admits she'd love to have another baby with Derek – who she married in 2005, in a ceremony exclusively covered by *OK!* – the star says they're lucky to have their 'wonderful' pair, daughter Darcey, 11, and son William, seven.

Here, Kate chats to *OK!* about 'sweetheart' Piers Morgan, how she keeps fit at 49, and trying her luck on *I'm A Celebrity*...



Why did you call your book *The Joy Of Big Knickers*?

A stylist friend introduced me to the joy of big knickers. It was my wonderful secret until Ben Shephard picked me up on live TV,



Above: Kate shares daughter Darcey and son William with husband Derek Draper (right)

whirled me around and flashed my huge knickers to the world!

What motivated you to write the book?

Turning 49, I felt overwhelmed by everything that was coming at me. Losing your looks, your health, your sexiness. I wanted to get myself a recipe for having the best rest of my life.

You talk about contemplating cosmetic surgery – how close did you come?

I was properly obsessed; looking in the mirror, pulling my face up and thinking I looked 25 again. But I discovered you can get the good feelings of being young by improving your diet and fitness. I'm not saying I'll never have a face lift, though!

So what's your diet like at the moment?

I was addicted to sugar and used it to pick up my energy. Now I have less of the delicious chocolate and cakes, and more of the fresh vegetables and fish. At work, I have an avocado and scrambled egg at 7am while the news is being read.

And how much do you exercise?

I do something that works up a sweat three times a week. I focus on the tummy, the bottom, the thighs and the arms to hold back the old bingo wings. I also swim and do yoga to stay flexible.

You say you've cut back on drinking...

Working the hours I do at *GMB*, I'd feel too awful the next day and there's no charm in waking up hungover with two children. But I do like a drink now and again.

Your sex challenge ended when Derek broke his ankle. Have you had a second attempt?

Not yet. But he's booked a romantic weekend in Rome for my birthday in May – and there's a chandelier in the room, so we could well be swinging from a chandelier yet [laughs]!

Is Derek embarrassed about your sex life revelations?

He's not delighted, but he's really supportive.

Do you still fancy him as much as you did when you first met?

Of course! He's adorable!

Davina McCall said that matching lingerie is the secret to keeping your husband happy in the bedroom...

Derek would be flabbergasted if I wore anything other than big knickers. I did try some expensive matching underwear, but I got the bra clasp caught in my hair and it ended in a bit of a farce.

You touched on the menopause in the book – have you experienced any symptoms yet?

Not in terms of periods and hot flushes, but it's charging at me. Before, I'd only heard women saying they felt broken and really unsexy, but I've learned that it can be a great gift and I feel more equipped to deal with it now.



You've talked previously about 'yearning' for a third baby. Do you still feel that?

If you've done something that's brought you huge pleasure, you want to keep doing it. I'd love more children, but I realise I'm very greedy, so I should probably shut up!

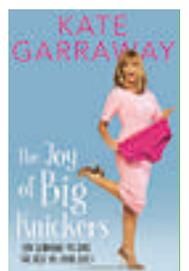
Does your *GMB* colleague Piers Morgan say things just to wind people up?

Piers thrives on it. He's 100 per cent himself and he's actually a sweetheart. It's exciting to have someone like him around, even though he offends as many people as he can.

After doing *Strictly* in 2007, are there any other reality shows you'd like to try?

Derek's always saying I should go into the jungle and I think that would be amazing – but utterly terrifying as well! **OK!**

'THE JOY OF BIG KNICKERS (OR LEARNING TO LOVE THE REST OF YOUR LIFE)' BY KATE GARRAWAY (BLINK, £14.99) IS OUT NOW.



Above: On the *GMB* sofa with Piers Morgan, Susanna Reid and Ben Shephard, who was responsible for her infamous knicker flash (top)!

PHOTOGRAPHS BY GETTY IMAGES, NICKY JOHNSTON, REX