



**CAN YOU RUN UP THE STAIRS?**

YES, I can. My fitness levels have vastly improved since starting Strictly Come Dancing — I'm dancing up to five hours a day, depending on my schedule. I don't normally exercise, though I do run around on stage and have dance routines for music videos or TV performances. Overall, I just aim to keep busy and active, and that works for me.

**GET YOUR FIVE-A-DAY?**

I PROBABLY do — though I'm not strict about it. I eat a lot of fish and chicken and not much red meat. I always have fruit and vegetables. My favourites are broccoli, sweetcorn and carrots. When I have time, I will eat porridge and raisins for breakfast, but if I am busy, I grab a banana and snack bar.

**POP ANY PILLS?**

NO. I MIGHT buy vitamin pills, but never get round to taking them. If I have a cold, I take cold and flu tablets.

**EVER DIETED?**

NO, BUT I have had times when I've tried to eat more healthily. My weight is pretty stable, though I never weigh myself. I'm 5ft 8in and a size 8. At the moment, I'm more hungry than usual because I am dancing so much.

**ANY FAMILY AILMENTS?**

MY GRANDMOTHERS had dementia, which was very sad. My dad, who is in his late 50s, has just had a pacemaker fitted.

**ANY VICES?**

I HAVE a sweet tooth. My boyfriend Oliver loves chocolate, so I'm into it, too. It doesn't matter which brand, though milk chocolate is my favourite. I also like cookies, little cakes and comfort food such as apple crumble with custard. I don't smoke, but I do drink, so I may have a couple of glasses of red wine at the weekend when out with friends. I don't drink during the week.



**COPE WELL WITH PAIN?**

I HAVE a high pain threshold — I don't take painkillers often. I've a touch of backache, which I think is probably a strain from dance training, but hopefully the physio will sort that out.

**CAN'T LIVE WITHOUT?**

WATER and sleep. I drink two litres of water a day to hydrate my voice. I could happily sleep for 12 hours a night but have to cope with less, though I am good at catnapping — I can fall asleep anywhere.

**MOST SERIOUS ILLNESS?**

I WAS born seven weeks premature. I had jaundice, but was a healthy baby after that.

**WOULD YOU EVER HAVE PLASTIC SURGERY?**

NO, NOT at the moment. Perhaps when I am much older I may feel differently, but I don't feel like I need to.

**FAVOURITE HANGOVER CURE?**

DRINK lots of water. Lucozade seems to help, too. And a sausage sandwich or eggs on toast is good. If I need a shot of caffeine, then a cup of tea in the morning or a gingerbread latte from Starbucks works for me.

**BIGGEST PHOBIA?**

SPIDERS. I hate them. I'm not great with heights either, but flying is fine.

**LIKE TO LIVE FOR EVER?**

YES, but it would suck if everyone I knew had died, so only if all my friends and family had eternal life, too.

■ PLATINUM Pixie is out now. Pixie Lott is the ambassador for beauty brand Magnitone Lucid and has designed a limited-edition pink Magnitone Lucid face brush (£69.99, lookfantastic.com).

Interview by ROZ LEWIS

