

'Trolls told me to lose weight'

Presenter Lilah Parsons laughs off negative comments about her body



As a former model, we'd expect Lilah Parsons to be a complete fitness freak. But when *Star* catches up with her we learn that far from living on the treadmill, Lilah prefers a walk in the park to a hard-core gym session.

Here, the radio host, 28, talks us through her relaxed fitness regime, reveals how she deals with online trolls and explains why she's not a fan of expensive beauty products...

Hi Lilah! Are you body confident?

I'm very content. Sure, I could work out more if I wanted, but I'm happy and healthy. I'm not a Victoria's Secret model, but I'm OK with that.

What's your favourite part of your body?

I love that I'm tall - I'm 5ft 9in - and I like my hair because it's easy to manage.

How often do you work out?

I don't! I'm not a big gym goer. I try to walk up escalators and go for walks around the park near where I live. It's good for the mind.

Tell us five things we'd find in your fridge...

Greek yoghurt, piccolo tomatoes, a bar of Cadbury's Dairy Milk chocolate, ketchup and Domino's Garlic & Herb Dip.

What's your guilty pleasure?

Ice cream and sticky chocolate pudding. I'd have that for my last meal.

Tell us one thing you do only because it's good for you...

Drink lots of water.

Which beauty products do you swear by?

Benefit Hello Flawless powder. I also love Bobbi Brown Perfectly Defined Long Wear Brow Pencil. Burberry lipsticks are great, too.

Do you have a good skincare regime?

I saw a fancy dermatologist and thought he was going to tell me to buy expensive products, but he said most of them are the same and to use Simple. The most expensive product I use is a SkinCeuticals face wash.

Would you ever get nipped or tucked?

I don't think it's that different to getting your

teeth fixed, as long as you do it for yourself. It's your body and you can do what you want to it.

Do you ever get any negative comments online?

I put up a picture in a swimsuit and someone wrote, "Lose two stone and you will be half decent." I just laughed.

Do you weigh yourself?

No. If my jeans get tighter I might move a bit more and eat more green stuff, but that's it. Even clothes sizes aren't accurate. I'm usually a size 10 but sometimes I go up to a 12 on my bottom half.

Where do you love to escape to?

I love going to Northamptonshire where I grew up. My dogs live there and I spend a lot of time with my family. ■

ROBYN MORRIS



Tune in to Lilah on the Capital Breakfast Show with Dave Berry and George Shelley, Monday to Saturday from 6am



She stays trim with walks in the park



The presenter loves her luscious locks

BODY TALK: GEORGIA TREVITT; PHOTOS: CAPITAL PICTURES; INSTAGRAM/LILAH PARSONS; INSTAGRAM/LEIGH_LOVE_LIFE; INSTAGRAM/MISSANYWILLERTON

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● Rita Ora posted a busty close-up Snapchat of herself soaking up the sun in a red swimsuit. If you've got it, flaunt it!
 ✿ Little Mix's Leigh-Anne Pinnoch showed off her bum in a bikini while on holiday in Dubai, captioning this



Instagram snap, "My happy place."
 ● Dancer Kristina Rihanoff revealed the results of her post-baby workouts on *This Morning*. She said, "I still need to shift some weight but I don't want to be obsessed with it. I'm breastfeeding so I need to be smart,

I can't diet. Hopefully, dancing will whip me back into shape."
 ✿ Amy Willerton worked up a sweat in the Disneyland Paris Half Marathon and posted this Instagram snap, writing, "Finished alive!! I'm not really a runner but I can't wait to do this again!!"

