



DAVINA McCALL

She's older, wiser and fitter than ever – now the nation's favourite tells us how it's done



My fitness

I have to work out in the morning – if I leave it till after lunch, then forget it; I'll just make excuse after excuse, even if I'm already in my exercise gear. I always make sure I do at least three hours a week – anything from a bike ride with Matthew [Robertson, McCall's husband] to a session with my trainer Ed Lumsden or a DVD. My rule? If you're not soaked in sweat by the end of it, you're not working hard enough. In my early thirties, I'd go to a gym, grab a magazine, read it on the StairMaster for five minutes and then do a few easy weights. I was just going through the motions. It's as I've got older that I've realised there's no excuse for not getting fit unless you have a debilitating illness: age and weight aren't factors – just start slow and build from there. The results are what keep you going.



My food

Cook everything from fresh – that's my motto. My cholesterol levels are a bit high, so I stay away from too much dairy. But when I do eat it, I'll use full fat milk in my coffee and a dollop of Greek yoghurt on my muesli because I've learnt 'diet' or 'low fat' is just another way of saying loaded with sugar. I don't cook puddings and avoid sweet treats, but if I go to a friend's house and they've painstakingly made dessert, I'll have a small portion and love every second. Sunday is my cheat day, when I cook up a massive roast with all the trimmings – red meat, Yorkshire puddings, sausages, gravy. Party season is a nightmare for people who, like me, are teetotal, so I'm in the process of trying to find a non-fizzy drink that I like that's not heavy on the sugar. I think I may just have to invent one!



Happy days

Age: 48
Job: TV presenter, food author and fitness entrepreneur
Fitness MO: High-intensity strength training
Wind-down secret: The ritual of bath time



My face

I used to wear a lot of make-up, but now I'm a big fan of wearing barely anything at all. It's funny – girls in their twenties with the most perfect skin wear tons of foundation, then as we get older we use less and less because it just gathers in the crinkles! I start with Estée Lauder DayWear, which gives a nice even tone with a little glow. The Shu Uemura Eyelash Curler is the best thing ever and Kevyn Aucoin The Essential Mascara washes off so easily with just a little water, so there's no rubbing or redness. For evenings and events I go for either heavy eyes or a dark lip, one or the other. It's the face equivalent of choosing to show off your legs or your arms – at my age, to do both would just look trampy.

My focus

I have three kids and a husband, and I work blooming hard – bath time is the only excuse I get to chill out on my own. Everyone knows that when that bathroom door closes, Mummy is out of bounds – take all of your issues to Daddy. I disappear from reality for a while and get lost in a good book. Right now, I'm in the middle of *The Girl on the Train*. Even when Matthew and I go away, he'll always ask the hotel for a room with a bath. Recently we went to Babington House and the tub was in the bedroom, so he lay on the bed and I lay in the bath and we talked. It was amazing. **WH** Davina's new fitness DVD, *5 Week Fit*, is out in December. Visit getfitwithdavina.com