

Nell's perfect bikini body

While relaxing in the sunshine on holiday in Spain, beach babe Nell McAndrew reveals her tricks of the trade to STEVEN SMITH

Nell McAndrew may not have had too much to say on *I'm A Celebrity... Get Me Out Of Here!*, but her super-fit body spoke volumes. Thousands of fans phoned in to vote to keep her on the show, all of them in the hope of seeing more of her bikini-clad figure in the jungle. Since then, the *Leeds-born* model and presenter's career has rocketed. She's launched her own work-out video, *Peak Energy*, and became a new Forces Sweetheart after travelling to the Middle East to cheer the troops.

"I don't know how I get all the energy to do so much", says Nell, 25, as she boards the flight for a rest in Spain with her property developer boyfriend, 25-year-old Paul Hamcastle.

Nell confesses that even she has her worries about the beach. "I don't like being seen without some make-up, so I have my eye-lashes and eyebrows tinted. That way, when I'm in and out of the water, I still look like I have some mascara and eyebrow pencil on."

Nell isn't worried about her perfect physique, though. She stays this way by going to the gym at least four times a week. Having to grab snack food while working can be a mine-

field she reveals: "I often carry fruit with me. A banana is full of potassium so it gives you energy and fills you up. And I cut down on carbohydrates, like bread and pasta, which leave you bloated. Usually I eat mainly chicken, or fish, which are rich in protein. I have that with a salad or brown rice. And I don't eat after seven in the evening as the body doesn't need much food for energy after then, so anything you eat may become stored as fat."

"If you combine that eating regime with a small amount of exercise, excess fat drops off." Although Nell obviously works hard at diet and fitness plans, she

points out that exercise should be fun. "You'll never lose weight, or tone up, if you don't enjoy yourself while working out."

"Listen to your body and don't overdo it. As long as you're doing something, even just stretching or running on the spot, it helps. If I can't get to a gym I watch a workout tape at home. On holiday I burn calories by swimming."

On the beach the next day Nell is looking stunning. She's opted for an early morning walk with Paul, followed by a swim before settling down for a rest by the pool at the villa.

"Paul and I have a big social life back in London. On holiday

we tend to have nice long days followed by a relaxing evening meal. Usually we're in bed by 12."

"The important thing for us is to chill out and make sure we get enough suntan lotion onto each other so that we don't burn."

"Constantly gazing at each other, the couple look really in love. "I've been with Paul for four years and we're very happy," says Nell. "We get on so well as we're both from the north of England and share the same values."

But if they're so loved up, why have we seen those pictures of her marrying camp presenter Dale Winton?

"It wasn't real, just a stunt for a

TV programme," she laughs. "Dale's a sweetheart who'd make a handsome, caring husband, but there's only one guy for me - my Paul. But, even though we get on so well, Paul and I have no plans to marry in the near future."

Busy Nell earned new admirers when she travelled to Iraq to meet troops. She received the invitation after officer Richard Oatfield, from the 7th Armoured Division, wrote to her asking her for an autograph. The two struck up a correspondence.

"I asked companies to help me put together care packages for the troops and deliver them. I got loads of toiletries and essentials,

such as sun cream. Out there little luxuries can be like gold dust."

"I didn't feel in danger when I visited, but you can't believe some of the sights you see in Iraq. I admire our boys' bravery."

Nell has a calendar out soon and will film her second fitness video later this year. She will also be presenting a new show on ITV1 and 2 called *Racing Physical*.

When work commitments drag her home, Nell gets on the phone, where a young male fan asks if he can have his picture taken with her. Nell obliges. "I love being well known," she says. "You can make people happy just by giving them a second of your time."



Travel info

Nell travelled with *Manos Holidays*, the UK's favourite villa operator. For 7 nights at the three-bedroom *Villa Alexandria*, in Nerga, prices start from £369 per person, based on five people sharing.

Price includes return flights, a car for the duration of the holiday and accommodation as specified. Flights are from Gatwick, Birmingham or Manchester to Malaga.

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