



# 20s

*'I've learnt to love my body'*

**Binky Felstead, 22, Made In Chelsea star**

**Size 10 Height 5ft 7in Weight 9st**

"It's only in the last year that I've finally accepted my body. And, by that, I mean my big hips! As a teenager, I hated them. If I could have chopped them off with a knife, I'd have been delighted.

My mum, Jane, is also curvy and has always told me that I need to learn to love my body. Now, while my hips still bother me, I tend to accentuate my legs with a pair of shorts and a pair of wedges

Last month, I had Lipoglaze on my hips. It's a non-invasive form of liposuction that targets stubborn areas. Using a vacuum, it warms up your skin for 10 minutes to encourage the fat cells to separate, then freezes them off for 45 minutes. I had to drink loads of water afterwards to flush everything out. You don't get instant results, although I can see a difference.

Like any girl, I have my fat days. I overindulged at Christmas, and felt really low about the extra pounds I gained, so I signed up to a week-long bootcamp. I did eight hours of exercise a day – from shuttle-runs on the beach to circuit training outdoors and learned to halve my portion sizes. I lost 7lb and went from a borderline size 12 to a 10.

Sadly, I've not managed to keep it up. The most exercise I have time for at the moment is a 30-minute power-walk each morning with my dog, Scrumble. I'm trying to stick to smaller portion sizes, but I think a little bit of what you fancy is fine, as long as you don't overdo it. My guilty pleasure is a curry and I have that as a reward when I've had a good week.

I also sprinkle chilli flakes on to all my meals, because it helps to speed up my metabolism.

I worry about putting on weight as I get older but, right now, I'd just like to tone up and maintain it. Every girl has their insecurities, but I've learned to try to make the best of what I've got."

● *Binky went to No1 Bootcamp (No1bootcamp.com) and had Lipoglaze treatment with Loveliteuk.co.uk.*

*'Like  
any  
GIRL,  
I have  
my FAT  
DAYS'*