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"SHE'S ONE AMAZING  
WOMAN - I LOVE HER!"

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# New!



## JORDAN SPARKS PREGNANCY RUMOURS!

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### TOWIE EXCLUSIVES

GEMMA:  
"I WANT  
TO LOSE  
17½ST  
6ST"

SAM AND  
JOEY'S SEXY  
HOLIDAY!



"HEARTBROKEN"  
KELLY HIDES AWAY  
AFTER HER TRAGIC  
BABY LOSS



new! EXCLUSIVE INTERVIEW

# 'I want the old Gemma back'

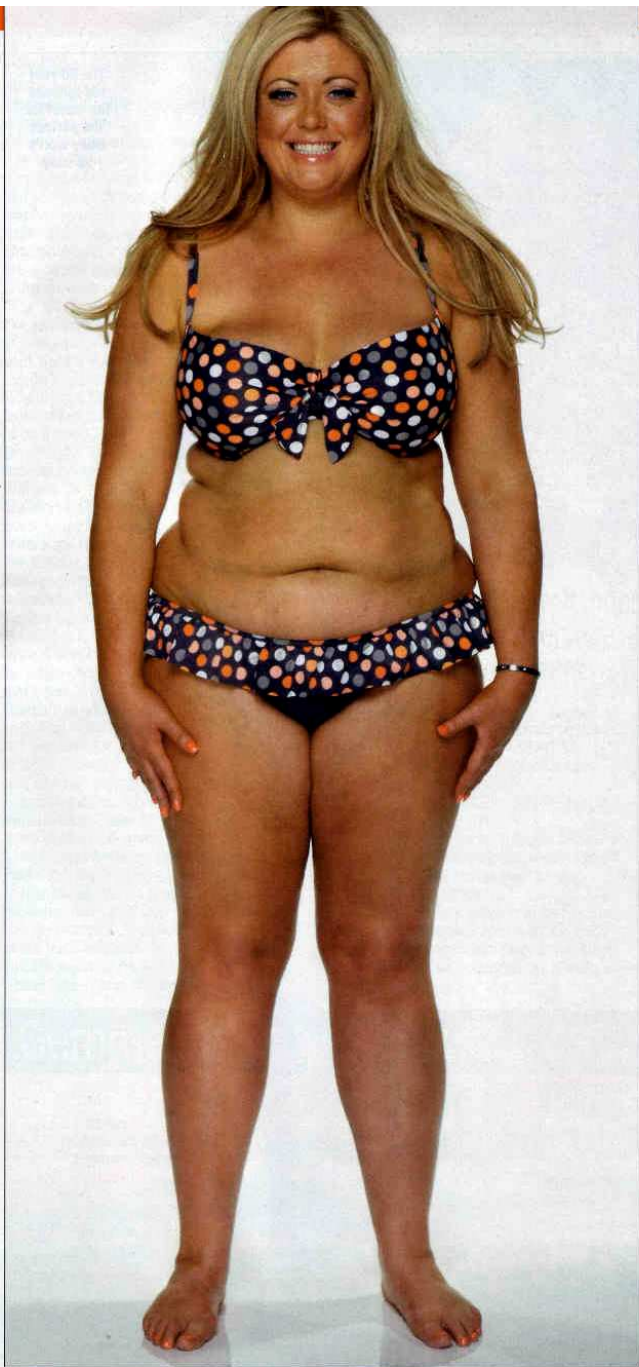
*The Only Way Is Essex* star Gemma Collins tells **new!** how a broken heart led to her 6st weight gain and admits it's time to shape up...

Confident Gemma isn't scared of showing off her curves



**How much do you weigh now?**  
17st... and a half.  
**What dress size are you?**  
I'm a size 20.  
**How much do you want to lose?**  
Well, I want to get down to a size 12. I used to be 11½ to 12st, so that would be ideal.  
**We're looking forward to showing new! readers the results! Why did you put on weight?**  
When I was 25, I went through a lot of heartache when I broke up with my ex-boyfriend Dan. We'd been together for five years and I'd had a miscarriage at three months. A week later he went to a party and met someone else. I ate to fill the void.  
**You must have been devastated...**  
He was the love of my life. I felt like someone was smacking a brick against my heart. I was heartbroken and my confidence was on the floor. I have never got over that feeling. I know it sounds pathetic, but he was my best friend

Gemma, pictured aged 20, used to be a size 12.



and my lover. We did absolutely everything together.

**How did you find out about the other woman?**

She sent him a text. And there was something in my stomach telling me to check his phone.

**What did the text say?**

It was from a girl I didn't know and it said, "I'm going for a run." I was like, "Why have you got a text from a girl telling you she's going for a run?!" He made up some elaborate story to fob me off but eventually admitted that she was someone he'd met and he was seeing her.

**What happened next?**

He went away and asked me to be gone by the time he got back. We had a lovely barn conversion, I had a baby pink dressing room, even a pink glittery toilet seat. But she moved in and painted it bottle green.

**Are you still in touch?**

No, he married that girl a year later and they had a baby

**It's not about my looks – I feel sexy – it's about my health**

together. It all worked out for him in the end.

**Do you still think about him?**

I'd love to see him. Not because I still love him but because I don't feel like I ever got closure. But I'm hoping losing weight will get me over that part of my life. I know with every stone I lose, I will become the Gemma I used to be.

**Did you meet anyone else after him?**

I went for a few drinks with a few blokes but they were all really boring.

**Did you notice the weight creeping on after the break-up?**

No. I think I was kidding myself. I wouldn't weigh myself. It was only when I accused my mum of stretching my clothes that I realised I had put on weight.

**What did you eat?**

I'd have Chinese, Indians, Pizza Express. All I would do is eat. I'd eat a takeaway, get into bed and put a cover over my head.

**Have you tried dieting before?**

I went to Slimming World but I was useless. I'd lose 4lbs and think, "Great, I can have a curry now," and go to the Indian with my mate.

**Had you exercised before?**

No, I've never worked out. It bores the hell out of me. I used

to go to the gym, have a coffee and a chocolate muffin with my mate, go for a little swim and come out and say I'd been in the gym for two hours.

**Do you think you'll look better after you've lost weight?**

It's not about my looks. I feel sexy. I wouldn't have gone on national TV if I didn't feel good about myself. It's about my health. I don't want to be unhealthy.

**You recently said you were proud of your curves. What would you say to people who think you are going back on that?**

I'd say I am still proud of my curves, but I want to be healthy. I know I'm obese and it's not doing me any good. I'm never going to be tiny, I would look ill, but I need to lose a few stone.

**How did you feel when you got papped working out in the park?**

I don't care. There are lots of women out there like me and in my position. I'm not embarrassed at all.

**What response did you get from people on Twitter?**

Everyone says that I'm an inspiration and a role model. They ask me what training I'm doing. I'm just a normal girl trying to lose weight properly.

**Do you get any negativity?**

For every 1,000 lovely comments, I get one sad loser telling me I'm fat and need to lose weight [smiles]. You've got to laugh at them! I get compared to Vanessa Feltz all the time, but I think she looks great now.

**How is your training going?**

I'm exercising every day and I won't lie, it's not easy. I went to the gym yesterday and came out dripping in sweat. But I do feel better already.

**Have you ever considered having surgery – like liposuction?**

No, because to me that feels like cheating. I wouldn't have a gastric band for the same reason. I want to lose the weight and feel proud that I did it myself.

**What about if you lose your boobs?**

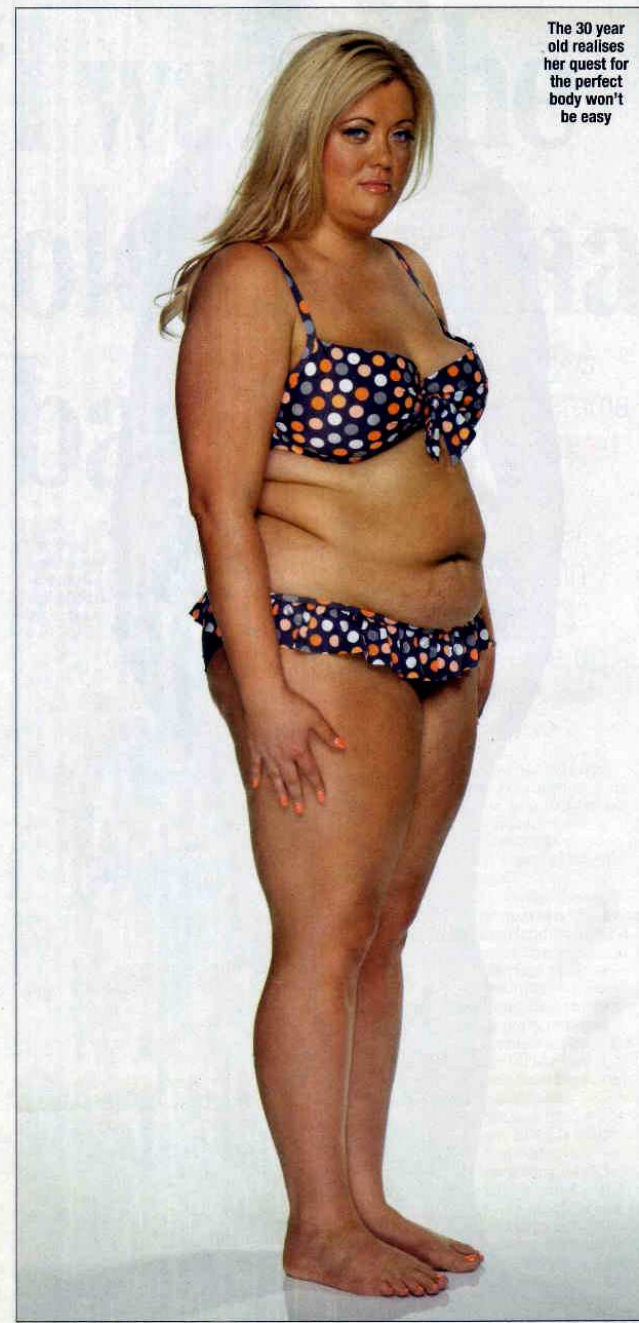
**Would you have them done?**

No, I wouldn't have them done. I love my boobs [grabs them] and I have firm skin so I'm hoping I won't lose them. It's also a lot of money. If I could give the four and a half grand to a cancer ward, I'd do that instead.

**Are you against surgery then?**

Not at all – each to their own. But if it means I could save someone's life over getting my boobs done then I would. That's just me.

**We heard Topshop boss Philip Green approached you for his plus-size**



The 30 year old realises her quest for the perfect body won't be easy

range. Will that not happen if you lose all the weight?

I hope so! I think I can still be a curvy model.

**So what's happening between you and Mick? You've been quite open about your feelings for him...**

We snogged at the *TOWIE* wrap party. He came up to me at the bar and said, "Gemma, darling," and ran his fingers through my hair. He told me he liked me but doesn't want to rush into a relationship.

**Then what happened?**

We kissed for about five minutes. It was tongues, tongues, tongues and then a long kiss at the end. I didn't want to wash my lips when I got home! I haven't had butterflies like that for five years.

**Is he a good kisser?**

[Eyes light up] Oh, yeah! He smells lovely, too.

**Will you go on a date with him?**

He said he'll see me when he's back from Las Vegas - he's there with Kirk [his son]. We're going for dinner.

**You really fancy him, don't you?**

Absolutely! I think he's gorgeous.

**Do you think he likes you?**

He told me, "I want a girl-next-door type, I don't want the glamour." I'd be happy to stay at home and look after him while he goes to work. He doesn't need a plastic gangster girl to follow him around a nightclub.

**Are you attracted to his money and his power?**

No, not the money as I fancied him before I saw his house and his Bentley! But I like men with power.

**Does Mick know about your diet?**

Yes, I said I want to get fitter. I just can't wait to bowl into Sugar Hut looking hot to trot in a few months' time and say, "Here I am!"

**Has he ever said anything to you about your weight?**

No. He used to be big himself. Chloe [Sims] and Nicola [Goodger]



Gemma shares a kiss with Mick. Right: She tucks in at a party last month

The star is papped working out in the park



Chloe and Nicola are thinner than me, but not everyone wants a skinny woman!

are skinnier than me, but not everyone wants a skinny woman.

**Do you get on with Chloe? We sensed a bit of rivalry between you on the show...**

You can't not like Chloe. She is such a nice girl.

**Did anything ever happen between Mick and Nicola? You were in tears at the pool party when he was speaking to her...**

Those tears were real but I think that they just had a drink and a chat together. They have a lot of stuff in common, as Nicola has kids, too.

**Do you think you're ready for a relationship now?**

I do wonder if I will find a man, and I think this has been my problem. It's like I eat to make up for not having someone around. But I hope one day I will find the man of my dreams.

**There have been lots of rumours about some of the cast being axed from the show. Will you be in the next series?**

No one knows yet, but I'd love to be! I'm having a great time! **So Gemma, when you reach your target weight are you going to do another bikini shoot with us?** Yes, I can't wait for that!

LISA JARVIS

For more on *No1 Boot Camp*, visit [www.no1bootcamp.com](http://www.no1bootcamp.com)

PHOTOGRAPHER: Dan Kennedy HAIR & MAKE-UP: Rosie Lewis STYLIST: Angelle Barnard OTHER PHOTOS: Lou Dennis, Alamy, Flynetpictures.com, Photolibary.com, Planet Photos

## Gemma's diet

Examples of the *TOWIE* star's "before" and "after" meal plans

### Breakfast

A bacon sandwich with a glass of cola.

### Lunch

A McDonald's meal with a glass of cola.

### Dinner

An Indian or Chinese with a few glasses of white wine.

Before



### Breakfast

Poached eggs with gluten-free oatcakes or rye bread, and green tea.

### Lunch

Grilled chicken with a green salad and a small amount of olive oil, and some water.

### Dinner

High-quality beef steak burger with grilled onions and vegetables. Lots of water and some fruit tea. Strictly no alcohol.

After

