



## CELEBRITY HEALTH CHECK

### *Binky Felstead*



***THIS week we put questions to Made In Chelsea star Binky Felstead, 22.***

**Are you healthy and well?**

I'm really well, thank you, especially since I cut down on my drinking. I made a resolution at New Year to do it after a skiing holiday when I rather overdid it and I feel so much better for it. I went to boot camp in January for a week and not only lost a stone but had an absolutely brilliant time. I never imagined I would enjoy that sort of thing so much but I really did. I'll definitely do it again.

**Do you have a secret habit that is part of your healthy lifestyle?**

Chilli flakes! I sprinkle them on practically everything I eat – they speed up your metabolism, which helps keep your weight down. And coconut water, which is great for rehydration after exercise. It takes some getting used to, but it's worth it.

**What is your biggest vice?**

Alcohol – at my age it's hard not to drink when you're socialising. I've stopped drinking shots though and try to stick to vodka, lime and soda, which has fewer calories than wine – and the hangovers aren't so bad!

**What exercise do you do?**

I used to ride when I lived in the country but it's hard to in London. I try to go to the gym a couple of times a week and I got a dog at the end of last year. That made a big difference to my life because I have to walk him every day.

**McDonald's or Pret?**

Sadly there is nothing that beats a hangover quite like a McDonald's.

**Have you ever been on a diet?**

Not really. I don't think they're good for you and they're impossible to stick to. I'll just try to eat less if I need to lose weight and I'll have a session of Lipoglaze, which is a brilliant non-invasive liposuction treatment.

**Do you have breakfast? If so, what?**

I love scrambled eggs and smoked salmon.

**What's the poorest you've ever been?**

I've never really been poorly, except when I was little and got chicken pox and shingles at the same time, which is really rare. I also had hearing problems as a baby, but that's all sorted out now.

**Have you ever been admitted to hospital?**

Only to have my tonsils out.

**Any self-help tips?**

Have a glass of water between every alcoholic drink. Not that I ever stick to it, but I always mean to.

**Is there anything hereditary in your family you'll need to keep an eye on?**

Sadly, there is a lot of cancer in my family. My dad is poorly with liver and bowel cancer, and my grandfather died of cancer. So I make sure I have regular check-ups.

**Biggest phobia?**

Oh, spiders and creepy crawlies, which is a bit pathetic for a country girl.

**Do you want to live to 100?**

No, definitely not! I want to go when all my friends are going, preferably in my sleep.

● **Binky keeps in shape by visiting No 1 Bootcamp diet and fitness centres. See [no1bootcamp.com](http://no1bootcamp.com) or call 0208 524 3430.**