



CELEBRITY HEALTH CHECK

Spencer Matthews

UNDER the health spotlight this week is Made In Chelsea bad boy Spencer Matthews, 24, who recently split with girlfriend Louise Thompson.

Are you healthy and well?

I'm great now. You have to look good in my career and obviously I've been failing miserably in that recently.

In recent episodes of Made In Chelsea I looked quite beastly, I'd let myself go.

Being in a relationship for so long, you end up getting lazy, ordering pizzas.

When you're single you wake up to the fact that you need to get out there. You don't have that person who's always there for you no matter what you look like.

Anything at all that you fret about, healthwise?

Not really, I'm never ill and I never go to the doctor. Or the dentist. I don't get hangovers either – my friends get really annoyed. I've got a pretty big fuel tank.

What's your biggest vice?

I can get lazy. The turbulence of falling in and out of love has made it difficult not to go out a lot and when you're socialising you're drinking – and I've not been thinking too much about my health and weight.

Drinking's bad for your heart and organs, it's a poison.

At the moment I'm not really drinking, but then I'll get bored and fall completely off the wagon.

There's absolutely no moderation in my life, I'm afraid, but the only real addiction I get is going to the gym – especially when your jawline starts to reappear!

What exercise do you do?

I train hard. I'm either all on or all off – at the moment's it's full on.

I've been to the gym twice today. Normally it's once a day, with a 10k run in the evening.

Ever been on a diet?

My weight tends to fluctuate, so I've started working out really hard.

Right now I'm not drinking or eating dairy or carbs. My body's in a bit of a state of shock.

I've lost just over a stone in a week by going to boot camp in Ibiza. In fact I lost 13lbs in three days!

We basically trained seven or eight hours a day and ate very little, so it's not surprising. It was a brilliant kickstart to get myself back to fitness.

Do you have breakfast? If so, what?

Mostly protein, so this morning it was poached eggs, lentils, green beans and edamame beans, all on a small plate with no bread, butter or dairy.

Do you ever get the blues and, if so, how do you cope?

By getting fit – you don't just look better but you feel better and your mind works more quickly.

Did your parents teach you about being healthy?

Dad was a professional racing driver and my mother played tennis and we all love our sport.

But my career is an odd one. I lost sight of my fitness for a bit, so I'm happy to be back on track.

Do you pop any pills?

I take protein and food supplements that help you recover quicker when you're training.

Do you want to live to 100?

I doubt I'll live to a hundred . . . that would be wishful thinking!

● **Spencer keeps in shape by visiting No1 Bootcamp diet and fitness centres. See No1bootcamp.com.**