

Danielle eats sensibly and exercises regularly

Danielle adm beach worries

Danielle Lineker tells **Now** how she keeps her killer curves in check

Life's a beach for Danielle Lineker. As she jets back from another sunshine holiday with husband Gary (their 12th in two years), we're bombarded with more photos of the loved-up couple in their skimpy swimwear.

As Danielle reveals, holiday snaps can be deceptive. The 30-year-old brunette has more body worries than you'd think. She says: 'Like most girls, after spending Christmas scoffing on the sofa I was worried about putting on a bikini for our New Year break in the Caribbean.'

'When I put on weight it goes to my stomach. I did gain a few pounds, so I sucked in my tummy when I saw the photographers. I made Gary do it, too, and hopefully it worked!'

For holiday addict Danielle, the beach holds a more deadly hazard. With recent statistics showing that 2009 saw an increase in cases of skin cancer, she's always careful to protect herself.

'Having a tan gives you a boost and makes you feel sexier and slimmer,' she admits, 'but I'm terrified of the damage sun can

do to your skin, so I always use Fake Bake Beyond Bronze self-tanning spray before I go.

'I use an SPF50 sunscreen on my face and a high factor 30 all over my body, topping up during the day. I make sure Gary wears lots of sunblock, too – neither of us wants to get wrinkly or saggy skin.'

'My sister Samira and I both suffer from skin pigmentation problems in the sun. Mine flares up in a rash across my lips and cheeks, which looks like a moustache, so I always wear a hat for double protection. Unfortunately, Samira needs expensive laser treatment because she overused sunbeds in her early twenties.'

Now lingerie model Danielle, who has an eight-year-old daughter Ella from a previous relationship, is concentrating on blitzing the post-holiday pounds. 'Luckily I've always been a size 8, but my weight fluctuates between 8st and 8st 5lb. I eat lots on holiday, so when my jeans start to get tight I know I must watch what I eat.'

She refuses to follow fad diets and is settling into family life with soccer legend Gary. 'I try to cook sensible meals and we take our dog Snoopy for a long walk twice a day,' she says. 'I have a

DANIELLE'S DAILY DIET

- BREAKFAST** Homemade fruit juice or smoothie
- LUNCH** Large bowl of pasta and salad
- DINNER** Roast chicken with large portion of green veg and carrots
- SNACKS** Slices of apple or two cubes of milk chocolate



its 'I have body too!'

She says her bikini shape is the result of hard work



LEAN PAIR
Danielle says she and Gary sucked in their stomachs for photographers

treadmill at home, so I'll do some jogging, too, but I hate it!


'Ella copies everything I do so I make sure we all eat the same thing - I'd hate her to have a complex about her body. Eating sensibly is the key - we have big roast dinners but with lots of green vegetables to fill us up. I make sure we get our five portions of fruit and veg a day and have a big lunch to stop snacking in the afternoon.'

'I love being married and sitting down to a family meal - I believe that's important. I try to keep meals healthy, but when Gary cooks dinner we'll have a blow-out with steak and chips.'

Although Danielle's keeping tight-lipped about any future additions to the Lineker household, she happily spills the beans on her red carpet look. 'If I have a glamorous event or photo shoot that requires a figure-hugging dress

or lingerie I limit my portions for a few days before. I cut out carbs after 6pm to stop feeling bloated, but I'd never stop eating chocolate if I fancied it.'

'I have "fat days" where I want to hide under a baggy jumper - that's normal. I'd never want to lose more weight as keeping my curves is important. I think size 0 is repulsive and girls end up looking old before their time.'

While keeping young's important for Danielle, unlike many other WAGs she won't be going under the surgeon's knife to maintain her looks. 'I might try Botox in a few years, but I'd never have surgery - it's too extreme. I'd rather do things naturally. Looking good is about moderation. It's that simple.' 

For more ways to protect yourself in the sun and for great tanning tips, visit fakebake.co.uk

