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TV presenter Helen Fospero: Eating fat helped me lose my mummy tummy

DAYBREAK host Helen Fospero dropped over half a stone on a diet of steak, cream cheese and avocados, here she tells us why she feels better about her body now than she did 10 years ago

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Daybreak presenter Helen Fospero dropped 9lb by eating lots of fatty food [PH]

Slim and toned, TV presenter Helen Fospero is as famous for her long shapeley legs as she is for stints on the Daybreak sofa yet just a few years ago she was feeling overweight and despairing at a stubborn paunch that she just couldn't shift.

At 9st 10lb, almost a stone over her normal weight, the crunch finally came when a colleague mistook her for being pregnant - 18 months after giving birth to her second child, Jack.

"I was really embarrassed, it's every women worst nightmare," said Helen, 47. "And when I told her I wasn't she insisted which just made it worse.

"Then I rang my mum and bless her she said, 'you know you have got a couple of pounds stuck' and then my husband said the same so I thought I better do something about it."

"I'd never been on a diet before and I probably won't ever go on one again but I just needed some help and the results were amazing," said the TV personality.

Helen had to stick to high-fat foods like oily fish, steak, cream cheese, avocados, walnuts and cream as well as lots of fresh greens. She wasn't allowed carbohydrates such as pasta, bread and potatoes.

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Helen Fospero

The theory is that a high-fat diet helps shift weight by teaching the body to burn fat for fuel instead of sugar. After the body has finished burning the dietary fat it continues burning the body's fat but the quantities have to be expertly measured to prevent further weight gain.

New research has found that short intensive exercise can be just as effective as longer classes and Zana's workout focuses on all the muscle groups, rotating between legs and calves, chest and back and shoulders and arms, working each to exhaustion.

"I realised sugar was the enemy a long time ago and have gradually been cutting it out," said Helen. "But I've also realised fats can be good and on this high-fat diet.

"By day three, you're feeling like your clothes aren't as tight and you can already feel the difference and I think that keeps you going and keeps you motivated.

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"The biggest challenge for me was that drinking tea and coffee, you couldn't have milk because it takes your body out of fat burning mode so you'd have to have cream instead which is normally a bit of a Christmas treat," she said.

"You also can't have any alcohol which was a bit of a challenge but the weight came off so quickly."

After less than two weeks Helen had shed 9lb of fat and gained 3lb of muscle. "It's really good for sculpting," she said. "Zana looks at your body and you can just say my arms are a bit big here or my stomach has a bit of extra weight here and she can target those areas so my stomach really toned up."

"Then I rang my mum and bless her she said, 'you know you have got a couple of pounds stuck' and then my husband said the same so I thought I better do something about it."

But things started to change when she met personal trainer Zana Morris who, through a combination of high impact exercise and a controversial eating regime, helped Helen drop 9lb in 12 days.

Zana's trick? To give Helen a bizarre-sounding diet of fatty foods and an exercise regime consisting of short bursts of daily weight training for just 12 days.



Once she had blitzed her body with 12 days of fatty foods and weight-lifting, Helen then returned to a normal healthy balanced diet but continued lifting weights with Zana for 15 minutes three times a week at The Library gym in London's Notting Hill.

"I feel like a bit of a cheat really because I don't feel like I've worked that hard at it," she said.

But the mum-of-two has managed to keep the weight off and still tries to live a healthy lifestyle, mixing up her exercise by boxing once a week, often with Dean Edwards who's one of the chefs on Lorraine who introduced her to the high-impact training regime.

They train with Kevin Campion, who also works with celebs including Tinie Tempah, Amir Khan and Dynamo at The Vault gym in east London.



"I like the physical challenge of it," she said. "I would never want to do it in the ring but I love doing it on the pads and it heightens all your reactions and I love the sounds of the gloves on the pad," she said.

"Also it's good if you've got any pent-up frustration as you can take it out on the pads."

Helen is also a big fan of juicing and drinks a fruit and veg-fuelled smoothie every day. "I'm much more aware of the effects of what I'm putting in my body," she said. "I'm definitely a lot healthier than I was before I had the children.

"Every day I make these big green juices with broccoli, cucumber, lemon, lime, coriander and I think it really shows in my skin. The kids are drinking it too which is great and even my husband, who pooh-poohed it, is now really into it."

Helen also attributes her glowing complexion to omega 3-packed krill oil, which she takes daily, saying: "I feel my hair and skin is better than it was in my 20s."



to pay hundreds of pounds a year to use the NHS in future, under government plans to stop for
Helen Fospero joins John Stapleton on the Daybreak sofa [ITV]

The TV star insists she doesn't feel pressure to stay slim but says she feels much better in herself now she has shifted the extra weight.

"It's not pressure from my husband or television it's just this new body that emerged over the past three years is working better for me," she said. "I feel better about my body now than I ever have and it goes deeper than just the physical appearance.

"I mean I'm about 103 now and my complexion is better than it's ever been and I feel a more vibrant and alive than I did 10 years ago."

Helen trains at The Library using Zana Morris's system. For more details visit thelibrarygym.com

5 RECIPES TO GET YOU GLOWING

Amelia's chia breakfast with yoghurt and berries

'Chia seeds contain more omega-3 fatty acids than salmon plus a wealth of antioxidants and minerals. They are a complete source of protein and have more fibre than flaxseeds. Dairy-free coconut yoghurt gives a decadent but healthy creaminess,' says Amelia.

2 tbsp chia seeds

juice and zest of 1 orange

½-1 cup almond or coconut milk

1 tbsp coconut yoghurt

½ cup fresh berries

- Soak the chia seeds overnight in the orange juice. In the morning, stir in the milk and pour into a serving bowl. Add a dollop of coconut yoghurt, then sprinkle the berries on top and scatter the orange zest. In addition, ½ tsp cinnamon or fresh vanilla powder can really help anyone weaning themselves off sugar.



Zana's fast food salad

- Combine mixed leaves, kale, pumpkin seeds, nuts, parmesan and olive oil with some salmon, prawns and avocado. 'There is plenty of protein in there, and the greens are really alkalising. It is great for skin, and the oils and fats will sustain you until your next meal,' says Zana.



Calgary's green power smoothie

1½ cups coconut water

1½ cups water

a handful of frozen kale

a handful of frozen blueberries

½ an avocado

1 tbsp almond butter

½ tbsp coconut oil

1 tbsp chia seeds

1 tbsp flaxseeds

- Place all the ingredients in a blender, and whiz until smooth.
- 'I also add a 1 tsp baobab powder, which is very high in vitamin C, 1 tsp lucuma, a natural sweetener, and 1 tbsp of plant-based protein powder to start the day with lots of energy,' says Calgary. 'I'll have a couple of glasses at breakfast and perhaps a glass later on in the day as a snack. Plus my kids love it!'

