

'I'M READY TO SHOW OFF MY BODY'



HOW SHE DID IT
BY SWAPPING...

- Junk food and takeaways
- Red meat
- Boozy nights out
- Macaroni cheese
- Spaghetti Bolognaise

FOR...

- Super-healthy stir-fries
- Chicken and turkey
- A glass of wine as an occasional treat
- Juice breakfasts
- Power Plate sessions

Tough celebrity challenge show *71 Degrees North* returns this week, and Brooke Kinsella is dreading everyone's reaction. Although she has now totally transformed her body and feels great about the way she looks, it was a different story six months ago during filming.

'I was the Gillian McKeith of the *71 Degrees North* team,' says Brooke. 'I was the most unfit, unprepared member of the team and I will probably come over as a complete wimp. My dad said: "Whatever you do, don't cry",

day to survive. As a pasta and carbs girl, and a very fussy eater, it was a constant struggle.

'We had to boil up snow to cook dried packets of food, which were vile. There was a fish casserole and a sweet-and-sour chicken thing, but they just tasted disgusting.'

Not surprisingly, the pounds dropped off. And now, at 7st 12lb, she's a stone lighter.

'When I came back from the Arctic, I wanted to carry on trying to lose weight, but I'm not very good at the gym and I get bored running,' says Brooke. 'The last time I tried, I ran for 10 minutes,

on the Plate is like an hour spent in the gym.'

Brooke's also embraced the joys of juicing. 'I just chuck a load of apples, celery, ginger, parsley, broccoli, carrots, spinach and lemon in the juicer, and although it looks absolutely revolting, it tastes really amazing.'

'I never thought a glass of juice would keep me going until lunchtime, but the energy you get from it is incredible. I swear by it. The smell of a bacon sandwich is still tempting, though!'

Now that Brooke has shed her excess weight and got into fitness, will an exercise DVD be her next step? 'No way!' she laughs. 'I did this for me, not anyone else, but I'm trying to convert my friends into juicing.'

And how have they reacted to the new-look Brooke? 'They've all been supportive, but my little sister, who's also my best friend, is terrible. She always says: "Go on, one glass of wine won't hurt". It's been tough going out with friends and not breaking the diet, but you have to be develop willpower.'

As Brooke picks out her favourite bikinis for our shoot, she can't hide how pleased she is with

the way she looks. 'I haven't felt this good for a long, long time. When I look back at the photos around the time of Ben's court case, I don't recognise myself. None of the family were eating properly, we were just surviving on takeaways.'

'Before going to the Arctic I looked terrible - I had lost my confidence. But now I'm ready to show my body to the world. Well, not all of it - I don't think my dad would be happy about that! But I feel a thousand times better.' **R**

71 Degrees North starts Tuesday 13 September on ITV1 at 9pm

Words Nicole Carmichael

'There won't be a fitness DVD - I did this for me'

but I started blubbing before the plane even took off! I hated my body, had zero confidence and I thought: "Why am I doing this?"

Now Brooke, 27, is toned, tanned and has turned her life around. 'I came back from the Arctic a lot stronger emotionally because of all the physical challenges I'd had to face. And because I'd lost some weight, I was motivated to overhaul my lifestyle, diet and exercise.'

then got the bus home! But I tried Power Plate with a brilliant trainer, Jane Dowling, and I absolutely love it. In three weeks, I lost 20cm from my arms, legs and body.

'Jane makes me do lots of cardio moves on the machine - running, jumping, squats, lunges, press-ups and knee-raises. It's brilliant - 20 minutes

Brooke's never been obese but, at just 5ft 1½in, the weight crept on whenever she got stressed.

'I had a tough time last year,' she says. 'It was two years since my brother Ben was murdered, I broke up with my boyfriend, Ray, plus I was campaigning against knife crime, travelling and working hard.'

Brooke also felt at a real crossroads in her career. Although she had made her name playing Kelly Taylor in *EastEnders* since 2001, speaking out against knife crime had overtaken her acting after 16-year-old Ben was stabbed to death in 2008.

'People were saying: "Is Brooke an actress any more?" So I decided to focus on myself for a while.'

Brooke knew that the Arctic was going to be tough, but she didn't realise how difficult it would be to consume the 6,000 calories she needed to eat every



Brooke began shedding pounds in the Arctic



Now the actress is proud to be able to wear figure-hugging dresses

CHECK OUT OUR BEHIND-THE-SCENES VIDEO WITH BROOKE ON REVEAL'S FACEBOOK FAN PAGE

Photos: Brendan O'Sullivan, Getty Images, Rex Features; hair and make-up: O'Connell; Brooke trains with Jane Dowling from Fitness For Everybody, fitnessforeverybody.co.uk