



Nicky Hambleton- Jones

Founder of style consultancy Tramp2Vamp and Channel 4's straight talking fashion guru Nicky Hambleton lets us in on a few of her secrets...

Words: Dawn Mellowship

Celebrity health watch

What makes the stars tick? Do they work hard to stay in shape? How and where do they go to relax? **tonic** has all the answers...

What made you first think about the importance of a healthy lifestyle?

I grew up in a healthy family and studied to be a Dietician at university. I learned so much about the impact of what you eat and how small changes in your life can make such an impact on your energy levels and self confidence.

Have you always felt confident about your appearance?

Relatively. No one is ever totally happy with the way they look but I have always believed in working hard at making the most of what you've got. I have always striven to look after myself the best I can.

On Ten Years Younger are you ever shocked by how the participants have let themselves go?

It is quite disturbing, especially as sometimes they are not much older than I am. It's amazing that they have got to a point where they have stopped brushing their teeth and stopped caring. That just does not need to happen and once you get to that stage to rectify it is such a massive and expensive task.

Why do you think people let themselves get to that low point?

Most of it is confidence, feeling really rock bottom and just not caring so

they put on weight or have problems with their teeth and they think 'what's the point, I don't care.' It could be priorities, they are bringing up young kids and they don't have any money and think they can't afford to look after themselves. For various reasons people stop focusing on themselves and after years of not dealing with the problem eventually it is so big that you don't know where to begin to put it right.

What piece of advice have you got for all the couch potatoes who say they haven't got the time to look good or look after themselves?

The main thing is to do a quick fix as when you are feeling low big things like losing weight or giving up smoking seem daunting. Buying something new or have a haircut can give you that instant boost. People will think you look great and once you are on a better level,

you have the mental and emotional energy to start dealing with those other areas of your life.

What healthy and unhealthy snacks couldn't you do without?

Yoghurt is my favourite healthy snack. Muesli would probably be the least healthy thing I eat. That sounds so anal! I try to not snack between meals. My husband will say 'let's have dessert after dinner, what shall we have and I'll say, 'let's get a really nice yoghurt!'

Do you follow any particular exercise regimes to keep you fit?

I love pilates, yoga and running.

What do you do for some serious rest and relaxation?

I sleep! I love shopping, styling, reading interior magazines and getting ideas for the house.

If you could go back in time and give yourself one piece of advice to help you through life what would be it?

I guess not to stress so much, to try and be more trusting in myself and not beat myself up so much! I would have gone along the fashion road a lot earlier as well instead of nutrition. I would have followed my passions sooner rather than being side tracked.