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Weird new
celeb mates



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WINO AND
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HOUSE PARTY

CHECK OUT
CHARLOTTE'S
NEW BODY

How Gavin helped her lose a stone

...AND HOW YOU CAN DO IT TOO!

Plus: *The real reason you're still single*

Move-over Lily, Charlotte Church's chat show is coming back to Channel 4 in July and we can't wait. The last series saw Jordan and Nicholas Hoult from *Skins* sharing a sofa and Char dueting with McFly, so it's bound to be good.

And apparently, we're not the only ones looking forward to Char's new series. 'Gavin's so excited about Charlotte's show,' his mate tells us. 'But Charlotte's really nervous about it so she's decided to get fit.'

'They've been having a right laugh'

We can reveal that Charlotte's embarked on a mission to lose weight in time for her show's start date - and Gav's helping her lose. 'They're doing squats together in the front room at home, and Charlotte's run up and down the stairs in their house so many times she's practically worn out the carpet,' says another friend. 'They've been circuit training together and Charlotte's been doing sit-ups - she'll only sit-up if Gavin promises her a kiss! They've both had a right laugh getting fit together.'

Obviously, as a rugby player for Wales and the Ospreys, Gav is fitness mad and he's motivating Charlotte to lose weight - but not too much weight. 'Gavin thinks Charlotte looks great and even though she's lost nearly

a stone in weight, she's no plans to get super-skinny or lose her curves,' her friend says.

'She's been doing loads of fast arm exercises with weights at home, and she's been doing deep core exercises with a medicine ball to tighten her muscles, before going on the cross trainer,' says her friend.

Even though Charlotte has a gym at home, her mates say she's been going to a fitness class too which is a mixture of dance, boxing and aerobics to shift extra pounds.

'She's ditched the crisps'

To go with her new exercise regime, Char's been changing her diet too.

'Charlotte's ditched the crisps and chocolate, and has been snacking on pumpkin seeds instead,' another mate says. 'She's taking flaxseed oil too, which helps lower cholesterol, stop water retention and bloating,' says her mate. 'She has fruit for breakfast, steamed vegetables and fish for dinner. She's also trying to drink six pints of water a day.'

It's not just the show that's made Char decide to change her diet. 'She didn't set out to change her look just for telly,' her mate tells us. 'She felt tired after she had Ruby. So she wants to get back her curvy but toned figure.'

'She's already been shopping for new clothes'

Charlotte's also planning her show outfits. 'She thinks tailored clothing suits her figure, and she plans to do a lot of spending in Karen Millen - that's her favourite shop. She's spent a hell of a lot of money in Accessorize too,' her mate says. Charlotte's got a new beauty regime too. 'Char's not a fan of sunbeds, but she's said she wants a spray tan before her show starts and she's using Bio-Oil to get rid of her stretchmarks and reduce her cellulite,' her friend tells us. 'She really likes cocoa butter for her skin, too.'

But don't worry, Charlotte's not become too obsessed with being healthy. She'll still be out on the booze occasionally. 'Gav loves the celebrity scene, so he's hoping she'll want to go out to celeb events when the show starts,' says a mate of Gav's. 'He's planning a family holiday to Mexico this year for Ruby and Charlotte as well. He's really looking forward to going away for a break with his family.'

Blimey - after all that exercise, we reckon Charlotte will need a holiday.

'Gav gives her a kiss for every sit-up she does'



Gav's been motivating Char to lose weight - but not too much weight



Drop two dress sizes just like Charlotte

Personal trainer Anthony Mayatt (www.breathefitnessuk.com) tells us how...

SIT-UPS



'Lie on the floor with your knees bent. Put your hands by your head and raise your shoulders off the floor. Hold for half a second then lower back down. Do three sets of 15-20.'

PLANK ON THE BALL



'Put your arms on the ball and your feet on the floor and hold your body in a straight line. Don't let your back arch. Aim to hold it for 20 seconds and do three sets of 20-30 seconds.'

LATERAL RAISES



'Take a weight in each hand and raise them slowly to either side of you. Don't go higher than your shoulders and lower. Do three sets of 10-15.'