

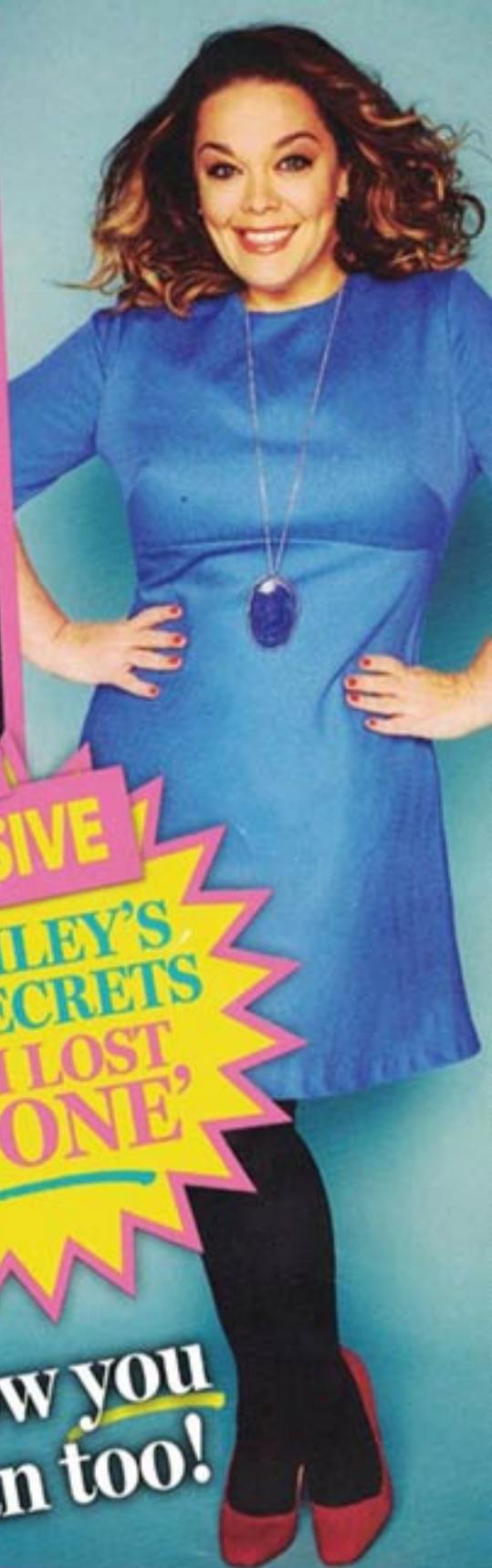
ONLY 92p

BRAVE BGT STAR

MY DREAM MAN TURNED INTO A MONSTER

MIL 2016 ISSUE 16

best



best EXCLUSIVE

LISA RILEY'S DIET SECRETS 'HOW I LOST 6 STONE'

Now you can too!



RICHARD IN MELTDOWN

Raging star's shocking rant over 'Peeping Tom'



25 Drop a decade hairstyles!

Susanna Reid on living with her ex





But you look fab! So how did you do it?

Well, I didn't have a gastric band, for one! But I haven't had a drop to drink since last August. Red wine was my downfall, but at Slimmeria Slimming Retreat - the fat camp I attended last September - they put a bottle down, four Snickers beside it and said, 'Would you eat those all in one go?' That camp shocked my system - unlike *Strictly*, I was exercising AND eating well.

What else has changed?

I don't snack. If it's not on your trolley, you can't eat it - I'd polish off a tube of Pringles in one sitting. I don't eat after 6.30pm. If I have a business meal later, I might have two starters. I take the stairs, go for walks and love Zumba and yoga. I was in Madrid recently, and I lugged my suitcase up four floors to the hotel room!

What tips would you give other women hoping to lose weight?

Don't waste time on quick-fix diets. They do NOT work - I've tried them all. Change your lifestyle. Concentrate on clothing size and inches - don't obsess about stones and pounds. I have no target weight, because I'm not on scales. This is the way I live now.



TURN OVER FOR LISA'S DIET SECRETS