



Amanda goes **Undercover**

The Total Wipeout star talks to **Now** about trying for a baby, getting married and why she'll never wear stone-washed denim again

Forget hosting Total Wipeout, Amanda Byram, 36, is looking like a total knockout as she arrives for her shoot with **Now**. Back in London after a four-year stint in LA, the bubbly TV presenter is the happiest she's ever been. Detoxing to get her body baby-ready as she tries for a child with her Aussie boyfriend Craig McMullen, 36, the star chomps on salad while chatting to **Now** about being a yummy mummy, turning vegetarian and high street shopping.

You look like you're really enjoying the shoot – how does it feel to be getting glammed up?
I modelled for years, so I love it. Plus, I've got my eye on the H&M skirt and the M&S corset I wore today. We're renovating at the moment and all my clothes are just on a rack. My boyfriend Craig's banned me from getting new clothes, but I can't help it.

How do you stay in shape?
I have to work at it because I'm not naturally skinny. Craig is an ex-rugby player and we train together a lot. I used to go to the gym every

day, but not any more. Now I've eased off and Craig's taught me to train smarter, not harder.

What's the worst diet you've ever done?
I lived on popcorn, nectarines and slimming shakes for about a year. It was just silly, but over the years I've tried all the ridiculous diets. That's me – all or nothing. But I've learnt not to be that person.

What made you turn vegetarian?
I went to a detox spa in the States where I took some classes on eating and heard all these

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horror stories about animal protein. Before, I'd eat three or four chicken breasts a day easily, but apparently it's not very good for you and there are lots of toxins in it.

What spring trends are you excited about?

I've been living in LA for so long and I really miss being able to wear flowy dresses. That's my thing – the boho, gypsy style.

You have size 8 feet. Is it hard to find shoes?

Office is always really good and so is Steve Madden. I tend to go for high street stuff

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– I'm not really a Prada or a Gucci girl, even though I'd love to be.

What's your biggest shopping splurge?

Louboutins! I have a pair of 6in gold wedges. They're probably the cheapest from the range, but they're really comfortable.

Who's your fashion icon?

It has to be Sophia Loren or Monica Bellucci. I love women who have boobs, a bit of a bum and a waist and aren't afraid to flaunt it.

What's your biggest fashion regret?

Stone-wash denim. It might be coming back, but you won't find me in it! I used to have this stone-washed denim skirt and I think I might have paired it with legwarmers.

You and Chris seem really loved-up – will we be hearing wedding bells soon?

I don't know, I like the idea of being surprised. It's the one thing a woman has to look forward to, that really romantic situation.

Would you ever move to Australia?

In a long, long, long time, possibly. I know Craig really wants to go back and I'd hate for him not to. It's a good place to raise kids, but for now, London is where it's at for me.

What are you most looking forward to wearing when you're pregnant?

I love the fact pregnancy wear these days isn't frumpy. I'm looking forward to being cool and funky – maxi dresses are perfect – and to go through pregnancy not having to wear one piece of maternity clothing.

Which celeb do you think looked the best when she was pregnant?

Gwen Stefani's style when she was pregnant was fantastic. She wore her own label [Lamb], which is brilliant. I reckon she only had children so that she could dress them! They're like moving dolls!

Do you think you'll be able to juggle work and family?

I think it's really important to get to that point where you can work and have a family, too. That would be the ideal situation, but who knows? Craig would be fantastic as a stay-at-home dad.

You hosted extreme makeover show The Swan, but would you ever get plastic surgery yourself?

I don't like fake boobs. I've always said I'd never do anything to my face, but if I had kids and couldn't shake the weight off my bum or boobs, I'd maybe get a lift. I wouldn't get liposuction, though. I've seen it go horribly wrong so you're left with dimples.

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Words Alison Yee Photos Richard Grassie Styling Karen Buglass, assisted by Helen Wigham Hair and make-up Lisa Stokes, using Clinique and Label M Resurrection Style Dust

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