

Olivia Lee:

# I've made a pact to love my body

## Comedian Olivia Lee talks about struggling with gym guilt and her cheese addiction!



Olivia admires Sienna's naturally thin figure

**Quickfire Questions!**

**Designer or high street?**

Designer. I used to love high street, but designer lasts longer.

**Michael McIntyre or Ricky Gervais?**

Michael's *Comedy Roadshow*. I'm a bit bored of Ricky now.

**Facials or face creams?**

I love *Crème de la Mer* but a model friend also swears by mesotherapy facials, injecting vitamins and minerals into the skin. They're amazing!

**Behind the scenes!**

● **Olivia arrived wearing...**

A striped T-shirt teamed with Whistles black shorts, black tights and black knee-high boots.

● **She drank...**

Sparkling water with lemon and a cappuccino with full-fat milk.

● **She showed us...**

A cute photo of her new baby nephew Zachary on her iPhone.

I know she's absolutely gorgeous with an amazing body."

But Olivia has nothing to worry about. At 9st and a slim size 8 she is perfectly proportioned for her 5ft 8 frame – but the grass is always greener on the other side.

"Sienna Miller is so lucky. I'd love to be naturally slim like her. I'd like to be so slight that if the wind blew I'd snap!" she jokes.

While we'd all love to eat what we like and never gain weight, Olivia credits her

SHE FLASHES HER long, toned legs for our camera, Olivia Lee appears perfectly at ease. So it comes as a surprise to discover the bubbly comedian isn't as naturally body confident as she seems.

"My friend and I were on Facebook recently looking at our pictures and we were saying how we thought we looked fat and horrible when we totally didn't," says the *Dirty, Sexy, Funny* star.

"We both made a pact with ourselves to start to enjoy our bodies. We won't look like this forever!"

And with friends like Hollywood heart-throb Ashton Kutcher, it's no surprise the girl wants to look good!

"He is the most perfect man I've ever seen," grins Olivia, 31, who worked with the actor on his hit US candid camera show *Punk'd*. "When we were filming he'd come over and whisper directions in my ear and all I could think was: 'Ashton Kutcher is whispering sweet nothings in my ear. I've never met his wife Demi [Moore] but

*'I'm always trying to tone up but I don't mind my legs – I've got skinny knees!'*

nutritionist mum Anne for teaching her a healthy attitude towards food and exercise.

"If I wanted a snack Mum would tell me to make a salad and I wasn't allowed fizzy drinks," admits Olivia. "I still try to follow what she taught me so for breakfast I'll have a banana, chai tea and soluble vitamin C tablet, then salmon fillet with a broccoli, bean and chickpea salad for lunch. Dinner might be a burger with a salad and I don't really snack. I just drink green tea all day."

But her sin-free diet suffered a slight blip when she moved out of home aged 24.

"I probably gained a stone in a month," she remembers. "I was having people over all the time and probably drinking too much red wine and eating big dinners."

And Olivia, who used to be a T4 presenter alongside acid-tongued Simon Amstell, is partial to another guilty pleasure.

"If I could take slabs of cheese to the cinema and munch on that instead of popcorn I'd be happy as Larry. I went to

afternoon tea with my mum and grandma recently and while they were enjoying these amazing cakes I had five pieces of cheese," she says.

"And when I go food shopping I'll buy a pack of cheese slices and eat the whole lot on the way home!"

Cheese addiction aside, Olivia's weight dropped dramatically last year after a long-term relationship ended. Though she's reluctant to say too much about the split, she reveals: "I probably lost a stone in a week. I was still a size 8 but was down to about 8st. Sad as it is, the break-up diet really is the best diet. I don't even think it's the not eating that makes you lose weight. It's your brain working overtime thinking about everything that happened. I'm back to 9st now, but I looked a bit too skinny for a while."

As a comedian, Olivia is used to having her appearance scrutinised. And splitting her time between working in London and Los Angeles she is no stranger to the eternal quest for perfection in Hollywood.

"I always lose a few pounds when I go to LA," says Olivia, who honed her fearless brand of comedy in C4's *Balls Of Steel*. "It's easier to be healthy. Every menu has a low-fat option and calorie content, and they prepare for that sense of looking after yourself."

"Most of my London friends have normal jobs, but in LA all my friends are actors doing weird hours like me. So we'll go to the gym together and make a day of it with lunch after. Staying in shape is more of a way of life."

But Olivia admits: "I'm really boring in the gym. I just run. I'm into my music, so



Watch out Demi, Olivia thinks Ashton's "perfect!"

I'll put on whatever new album I've downloaded and run for an hour, then stretch. I've got a big bum that I'm always trying to tone up, but I don't mind my legs because I've got skinny knees, so even if I put on weight they still look slim."

Newly single Olivia tries to work out three times a week, but admits: "I always have gym guilt. Even if I manage three times a week I think I should be going five times. I enjoy working out but I feel like I'm never doing it enough."

"But I don't diet and I'd never starve myself. As soon as you start resisting something you want it more. I tell my brain I can eat what I want and then I choose not to eat junk food. I find it usually works – until someone offers me some cheese!"

By Maddy Biddulph

● **Dirty, Sexy, Funny:** Olivia Lee, Mondays, 10pm, Comedy Central (Sky 112/Virgin 132).

**CELEB VITAL STATISTICS**

Age: 31

Weight: 9st

Height: 5ft 8

Dress size: 8

