



MODEL AND TV PRESENTER LISA BUTCHER IS MOST FAMOUS FOR HOSTING 'WHAT NOT TO WEAR' AND 'BRITAIN'S NEXT TOP MODEL.' WE MET HER AT DANESFIELD HOUSE HOTEL FOR A HEALTHY COOKERY DEMONSTRATION WITH ACCLAIMED MICHELIN STAR CHEF ADAM SIMMONDS, OFFERING THE PERFECT OPPORTUNITY TO TALK FOOD, FITNESS AND FASHION.

MODEL AND TV PRESENTER LISA BUTCHER...

“ I love learning new things ,”

How have you found cooking with one of Britain's top chefs?
It's been amazing. Seeing everything put together and learning about the nutritional value of all the ingredients has been fascinating.

Nutrition and health experts from the company Health Matters 360 have helped Adam come up with the ingredients for this meal. What part of their recommendations did you find most interesting?
It was interesting learning about the natural sweeteners such as Xylitol that you can use in cooking. I have a sweet tooth so it's good to know there is a way of making desserts healthy.

You are launching a fair trade collection of clothes and jewellery this year. Is this something that is close to your heart?
Yes it is. I went to film in Gujarat in India last November and I was so moved by meeting the cotton farmers that I wanted to do something to help.

What can we expect from the range?
All the designs are one offs and a bit out there. I like something a bit different.

What was your inspiration behind the range?
For me, buying clothes is an emotional thing. It's not like buying a jar of coffee. I wanted to design my own collection of clothes that I would genuinely wear, and that you wouldn't necessarily know are fair trade.

What did you enjoy most about working on 'What Not to Wear'?
The part I really liked was finding out what

was going on in people's heads and what life's thrown at them to bring them to that place. I've gone back to school actually to learn more about it. I am doing a diploma in cognitive hypnotherapy and NLP.

So you are certainly keeping busy?
Yes, I am trying to juggle quite a few things at the moment. I'm not sure how well I am doing at all of them - but I am doing my best. I like to learn new things and do new things - if I don't I get so bored and unhappy.

How important do you think clothes are in terms of feeling happy and body confident?
I think it is important to feel happy on the outside, because it permeates to the inside. There are times I've woken up, felt awful, but then as soon as I have made an effort to get dressed up I feel better.

How do you juggle being a working mum?
I just do. I don't go out very much. The times that I'm not working I want to be with my kids. I don't feel like I am missing out though. I feel like I am getting so much out of life.

Do you have a specific fitness regime to help you stay in such good shape?
I try to do my bit, but life is all about balance. I'm a Libran, so balance is important to me. I do go to the Chelsea Club gym, although I haven't been in a few months. Right now I am just really anti-exercise. I used to do kick boxing a lot, but then I threw my back out. They have a new thing in my gym called Dynamic Yoga where you are suspended in the air. Sounds bizarre, but fun though (laughs)! For me, as long as my mind is taken away from the fact I am doing exercise I will probably enjoy it. It's one of my New Year's resolutions.

Do you follow a healthy eating plan?
I do eat reasonably healthily. I have a problem though, that if I am bored I will pick at things. I am not one of those people to eat dried fruit and nuts. It has to be chocolate!

Do you take any medicines?
I try not to, apart from that which I have to take for my thyroid.

What is your opinion on the modelling industry today?
It has changed a lot. In my day, breaks consisted of a cup of coffee and a cigarette. Now, nutritionists are attached to agencies and models are a lot healthier. It is always going to be tough though. Your competitors are the most beautiful women in the world, and that is difficult in itself. As long as you are grounded and have a plan for afterwards, because nothing lasts forever, then there is nothing wrong with it.

Lisa's meal was prepared by Adam Simmonds at Danesfield House Hotel in conjunction with nutrition and health experts at Health Matters 360.

Health Matters 360 is a local company offering one-to-one programmes and residential health hubs which use a three pronged approach - addressing physical, nutritional and mind matters - to help promote long-term sustainable health.

www.danesfieldhouse.co.uk
www.healthmatters360.co.uk