

ALL ABOUT ME

COLEEN ROONEY

The footballer's wife talks about raising three boys and the most romantic moment of her life



My dream day... would be with my family on a beach in Barbados. We've been going there for about 12 years and we've made a lot of friends. Kai will be seven in November and now he's a bit older, he loves all the water sports.

My life motto is... to always treat people with respect. I was brought up knowing the importance of manners and saying 'please' and 'thank you'. I try to teach my kids the same.

My earliest memory... is our first family holiday to Spain. I was about six and I remember going on the donkey rides and playing in the sand.

My guilty pleasures... are Chinese food and booze! I eat

quite healthily during the week but, at the weekend, I do like a takeaway and a glass of wine. I think mums need to have at least one night a week where they let their hair down.

My most unusual hobby... is skipping. I got introduced to it at an early age because my dad was a boxing trainer and did a lot of skipping at home. It's great for getting your heart rate up as you use every part of your body. I even take my skipping rope on holiday.

The best advice I've been given... was from my mum and dad. They always say try to be happy, don't stress about life's little ups and downs, and just get on with things. Of course, there are times when

'I've always had a passion for acting, but I don't think people would take me seriously'

I'll lie in bed and think, 'All I've done today is moan', but then the next day, you wake up and say, 'Today is going to be good!'

My unfulfilled ambition is... to act. It's something I've always had a passion for, but I don't think people would take me seriously because I'm in the public eye now. So don't expect to see me in a TV drama any time soon!

My pet hate is... when I'm in the car and give way to people and they don't acknowledge it. I can't stand it. It's so easy to just wave your hand to say thank you.

The last time I cried... was on my thirtieth birthday. I got a card from Kai, which he had written himself and it just made me realise how much he's grown up.

The most romantic moment of my life was... my wedding day in Italy. The ceremony was

early evening, so by the time Wayne and I took to the dance floor it was just starting to get dark. There were flickering tealights everywhere and I remember thinking, 'Oh my god, this is so special and romantic!'. I would love to do it all again and renew my vows.

The accomplishment I'm most proud of is... my boys. Sometimes you just stop and think, 'Wow, you've actually produced human beings!'

*** Coleen was speaking at the launch of the McDonald's 2016 Football Mum of the Year, an award designed to recognise the hard work and dedication of 'football mums' across the UK. Coleen will crown the winner at Wembley Stadium on 7 August. For more info, go to mcdonalds.co.uk/mumoftheyear**

Regrets? I don't have any really. I think that *life is far too short* to look backwards and get hung up on things



Skipping crazy Coleen dreams of faraway places... and her weekend wine!

Feature: Anna Matheson Photography | iStock, Rex