TV fitness instructor **MR MOTIVATOR**  
AKA Derrick Evans, 67

**You don't know what caring is until you start caring for someone.**  
My girlfriend became pregnant when I was 20 and I was a single dad at 23 (when the relationship broke down). Every morning I'd get my daughter Carolyne (now 47) ready, and every evening I'd feed her, plait her hair, read her stories, bathe her, and put her to bed. I couldn't do the things a normal 20-something would do, but there's a lot of joy in being a single parent. It made me a better person.

**I always walk away from arguments.** When someone's adrenalin is flowing and they want to argue, they've got the upper hand. But if you walk away, there's a surprise element when you come back. People don't expect you to do it, so that's the time to tackle them.

**If someone comes to my home, I always share my food with them.**  
Growing up in Jamaica with my adoptive parents, we didn't have much. We lived in a two-bedroom shack with no running water, but we shared every meal. If anyone came to the home, my dad would stop eating and take another plate to give them food. That's remained with me ever since. If someone comes to my house when I'm eating, I have to give them some of my meal, otherwise I can't continue.

Richard Curtis gave me some great advice at the premiere of *Four Weddings And A Funeral* in 1994. He said I should write an autobiography. He told me not to begin with: “I was born,” but to start with where I am in life now, then go backwards and forwards to keep the reader interested. I used that advice when I wrote my book.

**I believe in hugging my kids and telling them I love them.** In Jamaica, you're given chores to do from the moment you can walk. You're never mollycoddled. Your parents show you love by providing you with food and clothing – never by putting you on their lap and telling you they love you. I learnt that I wanted to do more for my own children (Derrick is also dad to James, 36, and Abigail, 23). I believe my role in life is to provide people with positive messages. I've been blessed with platforms such as GMTV and the BBC to talk about health and wellbeing, and to help people see they can smile and be happy, no matter the circumstances. Sometimes people need to be reminded how blessed they are, and I think that is my role.

I've always appreciated my life. Right now, people are realising that buying a new pair of shoes doesn't matter. I've always maintained, even without coronavirus, that if you have food in the fridge, your health, and a roof over your head, you're blessed. And always nurture anybody who loves you – those four things are all you need.

**The Warm Up: The Story Behind The Lycra With Television’s Mr Motivator is out now. Follow Derrick on Instagram @realmrmotivator.**