**VICKY PATTISON**  
**THE REALITY-TV STAR, 29, ON DRESSING AS A BANANA AND WEARING TWO SPORTS BRAS**

**WHEN I STARTED RUNNING** it took me an hour to do 5K. I’d have to run and walk, because I could only run for five to eight minutes at a time. But I’ve pushed myself and seen my body shape change and my fitness improve – now I can run a 5K in half an hour.

**THE BIGGEST PROBLEM WITH TRAVELLING FOR WORK** is finding somewhere to train. I don’t like to run outdoors, because it’s cold and I’m a big baby. I’m in hotels a lot and hotel gyms don’t always have a lot of equipment. The only thing you can count on them having is a treadmill, so I’ve had to work out ways to train on those.

**WHEN I’M RUNNING I LISTEN TO BEYONCÉ, Rihanna and Cheryl Cole.** I like music that promotes female empowerment and inspires girls to get up and rule the world! That keeps me going on the treadmill.

**I DO FASTED CARDIO THREE TIMES A WEEK FOR FAT BURNING.** I’ll walk on the treadmill at a speed of 7kph, at a gradient of seven per cent, for 45 minutes, or I’ll see how fast I can run 5K – on average I’ll have the speed at 9kph. Otherwise, I’ll do intervals, playing around with the speed and gradient.

**WHEN I’VE HAD A NIGHT OUT I like to sweat out the toxins.** I push my training back to midday and afterwards I feel brilliant. Everyone trains to feel good and look great, so you don’t just want to sit in the house – you want to show it off. I believe in balance, so I’ll have a night out, then I’m back in the gym.

**I RAN A 5K DRESSED AS A GIANT BANANA.** I sweated my boobs off, but it was for The Sunshine Fund, a charity that raises money to help improve the lives of disabled children in the North East. My mum works for the charity, so she roped me in. I’ve got the bug now. I’m not at the marathon stage, but I’m keen to try a half marathon this year.

**I DON’T USE ANY APPS OR GADGETS TO COUNT CALORIES OR TEST MY HEART RATE.** If I want to know my heart rate, I just put my hands on the bar of the treadmill – I tend to do that when I’m finished. I like to know where my heart rate is and how long it takes to cool down, because the time it takes to get your breath back is an indicator of fitness.

**I’M PARTICULAR ABOUT MY SPORTS BRAS.** I’ve got DDs, so running’s not easy for me – I have to protect The Ladies. I double-bag it – two sports bras, one on top of another. I’d have black eyes otherwise!

**RUNNING IS ONLY ONE PART OF MY FITNESS REGIME.** I also do kickboxing, weight training and plyometrics. I’ll even do HIIT [high-intensity interval training] at home or in my hotel room – I do it first thing in my pyjamas, then I’ve done my training for the day. I like to mix it up and do different workouts. Your body appreciates it and responds well to it.