

Fabulous

FREE IN THE SUN ON SUNDAY
NOVEMBER 26, 2017
FABULOUSMAG.CO.UK

SCHERZY GIRL

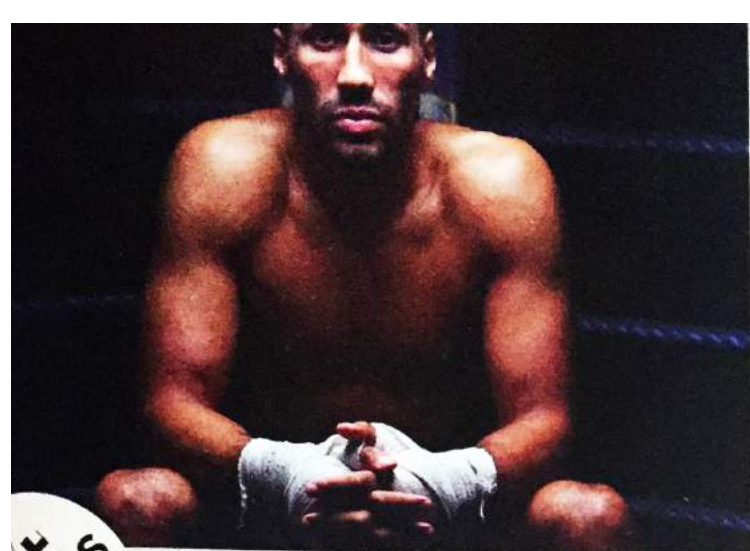
8-PAGE
BEAUTY
SPECIAL
THE HAIR!
THE MAKE-UP!
THE PERFUME!

BREAK-UPS,
BABIES AND
BURYING THE
HATCHET
— NICOLE
SCHERZINGER
LAYS IT ON
THE LINE

REVEALED:
BRITAIN'S BABY
OBESITY CRISIS

PHOTOGRAPHED
FOR FABULOUS
BY MARK HAYMAN

FOUR HOURS WITH



Professional boxer
JAMES DEGALE, MBE, 31

wake up when I want to. I'm a full-time athlete, which means I have a lot of freedom because I don't have to sit behind a desk at a certain time. Normally, I'll be up by 10am. If I'm super-hungry I'll whip up eggs with avocado and bacon on toast, but sometimes I'll just have some porridge with fruit.

family means a lot to me. My mum Diane only lives five minutes down the road from me in north London. I pop in every morning to say hello before heading to the running track at noon for my first training session of the day with my coach [former boxer Jim McDonnell, 57]. He'll put me through my paces, literally, doing sprint runs. After about an hour and a half, I'll head to Jim's house for a cup of tea, a shower and some lunch.

eat around 2,800 calories a day. That's when I'm doing two training sessions in one day - when I only train once, I'll have 2,000. Lunch will be a big bowl of pasta with chicken, and I'm not allowed any snacks when I'm cutting my weight. When I'm working up to a big fight, I'm very focused. I have to make sacrifices like watching my diet and not drinking, but it's worth it for the feeling I get in the changing room before going into the boxing ring. When you've done all the hard work and you're feeling fit and healthy, nothing beats that. It's the best thing in the world.

By 3.30pm I'm back in the gym. I'll get in a couple of hours of boxing, which involves sparring, bag work and skipping. After that I'll have trained for four hours in total and got a real sweat on. If I'm really exhausted, I'll go and see my mum again and she'll cook me a big dinner of grilled chicken, brown rice and salad.

I love rubbish TV. Whether it's *TOWIE* or *The X Factor*, I always get totally addicted, so when I get home at 9pm I'll chill out on the sofa watching all of them. I'm a bit of a hermit before fights, so I'll spend a few hours scrolling through Twitter and Instagram. It helps me feel like I'm still in the loop with all my pals and the rest of the world.

After a big fight, I go pretty wild. My life is quite regimented when I'm working up to a fight - it has to be in order for me to be the best. But when I'm not training, I'm like any normal bloke. Straight after the fight I'll go home for a good night's sleep, and the next day I'm a different man! I'll be out socialising, going on holiday with my mates and eating huge burgers. If the fight went well, then I'll have no worries in the world. It's a fantastic feeling to let your hair down after weeks of hard work. But before a fight, I'll be in bed by midnight. I'm a bit of a diva and I need my sleep.

● For further info on James, visit Jamesdegale.com.

GREAT

Graph of greatness

The good and bad of what we're talking about this week



CINDY KIMBERLY

Biebs' Insta crush @wolfiecindy is the face of e-tailer I Saw It First's 100-piece debut festive collection. Full of sequins, jewels and feathers, the pieces ooze Hollywood glam. Treat yo'self before Chrimbo!

DIRTY DANCING

Marking 30 years of melting our hearts, *The Ultimate Dirty Dancing*, a CD and vinyl edition of the film's classic soundtrack, comes out Friday. It even features an adorbs pop-up of the iconic dance lift when you open it!



GUILT-FREE SNACKING

Hippeas chickpea puffs now come in salt and vinegar flavour, and they've got the whole office filling their faces. The yummy snacks are organic, gluten-free, vegan-friendly, and just 99p a bag. You can thank us later.

UNFILTERED SWEATERS

For feel-good fashion, buy one of Unfiltered Society's organic cotton slogan jumpers, from £50. It's the first UK fashion brand dedicated to mental wellbeing and a tenner per purchase goes to charity.



CANCER CARE PACKAGES

If you know someone with cancer and want to give them something special, Don't Buy Her Flowers and Stand Up To Cancer have designed boxes of goodies chosen by people going through treatment, from £15.

MONEY PROBLEMS

Emotional overspending is adding to Britain's £200billion debt and costs us stress-heads £1,250 a year.* Another thing to worry about...



FURRY CHRISTMAS

Incredibly, holiday cards for cats and dogs outsell those for mums-in-law by 12 to one.** We know pets are part of the family, but really?!

NOT SO GREAT