

'I'm a fitness addict'

star
EXCLUSIVE

Real Housewives Of Cheshire newbie Nermina Pieters-Mekic works hard to stay in shape

She's married to Stoke City footballer Erik Pieters and works as a model, so looking good is all part of the day job for *The Real Housewives Of Cheshire*'s Nermina Pieters-Mekic. But, although we would expect the Dutch-born star to be disciplined with her workout regime, even we're surprised by quite how strict she is!

We quiz the 27-year-old about her beauty tips and diet secrets, and find out how she likes keeping fit...

Hi Nermina! How often do you exercise?

I'm a fitness addict. I usually work out for about two to three hours daily. Before joining the show, I went to the gym four or five times a week with my personal trainer. And I have my horses, so I do showjumping too.

Wow, that's good!

It's my lifestyle. Even when I'm on holiday I could eat something nasty, but I'd rather have a salad because I feel better afterwards. I'm lucky I have this lifestyle because, if I don't go to the gym for a month, it's hard to get back into it. But when I'm working out it makes me so happy and makes life easier.

Would you say you're obsessed?

If you do anything too much in life, it's not good. When I did a fitness shoot last year and was exercising every day, I was unhappy about it because I felt like I couldn't eat what I wanted and it made me miserable. Right now I will eat sweets, but I try to balance it out. It's fine to have a cheat day. You have to enjoy life.

What are your vices?

I'm a sugar addict, so chocolate.

Do you have any body insecurities?

I'm confident right now, so no.

What's your favourite feature?

My eyes because I love to glam them

up with make-up and I model a lot for hair and make-up brands.

Do you have any weight-loss advice?

Drink smoothies and eat a lot of greens, and protein like fish and chicken. Diet is important. Exercise is the second thing.

How would you describe your fashion style?

I love to dress classy, but sexy. I don't like to be trashy. I love wearing colour, as well. My skin is a little bit darker and it suits colourful clothes. I like to look chic.

What's your top beauty tip?

I use Obagi Medical skincare products. When I was a teenager I had amazing skin, but two years ago I started to have trouble with it and it was hard to do my job as a model. Obagi helps my skin calm down and it looks amazing now.

What would you say is the best advice you've ever been given?

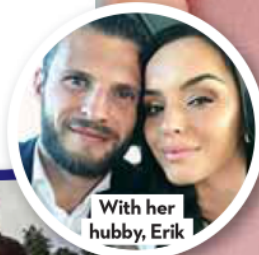
If you believe in something and work hard for it, anything is possible. ■

GEMMA McCARTNEY

Catch *The Real Housewives Of Cheshire* on Mondays at 10pm on ITVBe



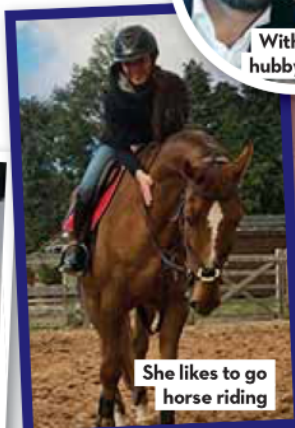
Nermina likes to stay in shape



With her hubby, Erik



The model does a daily workout



She likes to go horse riding

BODY TALK! BODY TALK! BODY TALK! BODY TALK! BODY TALK! BODY TALK!

● Nadia Essex hit back at the haters in this bare-faced selfie. "I get told I'm ugly, fat, stumpy, look like a man but this is me. No make-up, this is me... Happy," she posted. Hear, hear! ● Kate Moss revealed her top tip for great skin. "Fill a sink with ice cubes, cold

water and slices of cucumber and hold your face in for as long as you can," she said. "It instantly reduces puffiness and tightens up your skin." ● Jennifer Metcalfe says her boyfriend Greg Lake has helped her love her post-baby body, revealing, "He loves me when I look like a

scraggly cat, as we call it, when I have no make-up on and my hair's scraped back and a little scruffy. He's really helped me embrace me." ● Jessica Wright showed off her fab bikini body on a trip to visit her brother Mark in LA. She captioned this snap, "Can I be a Cali girl please."

