

VETERAN
Blue Peter presenter **KONNIE HUQ** is making a show for the Beeb's centenary looking back at the cultural effects of kids' TV. Mum-of-two Konnie said: "There will be guests and famous faces. It's a nostalgic look back on kids' TV and a social comment on the times."
The show has the working title **The Unexpected History of Children's TV**. Konnie has also launched a campaign to encourage families to recycle unwanted electrical items. More details at recycleyourelectricals.org.uk

with **LAURA ARMSTRONG** and **HANNAH HOPE**

I'VE GOT NOEL TIME FOR ABBA GIMMICK

OASIS rocker **NOEL GALLAGHER** has sparked a row with **ABBA** over their groundbreaking 'hologram' gigs, sniping: "It's meaningless."

The Swedish pop legends announced last year that they would stage a comeback tour using Abbatars of their younger selves.

But Noel said: "I would not consider gigs with me as a hologram. No, there would have to be an audience involved. You need a crowd in front of you. It's a human interaction, and if you don't have that it is meaningless."

Noel insisted that he wouldn't follow their lead, even if the pandemic ruled out live music.

And he told how the practicalities of performing gigs in his old age are unlikely to be

an issue for him, because he wants to die at 75.

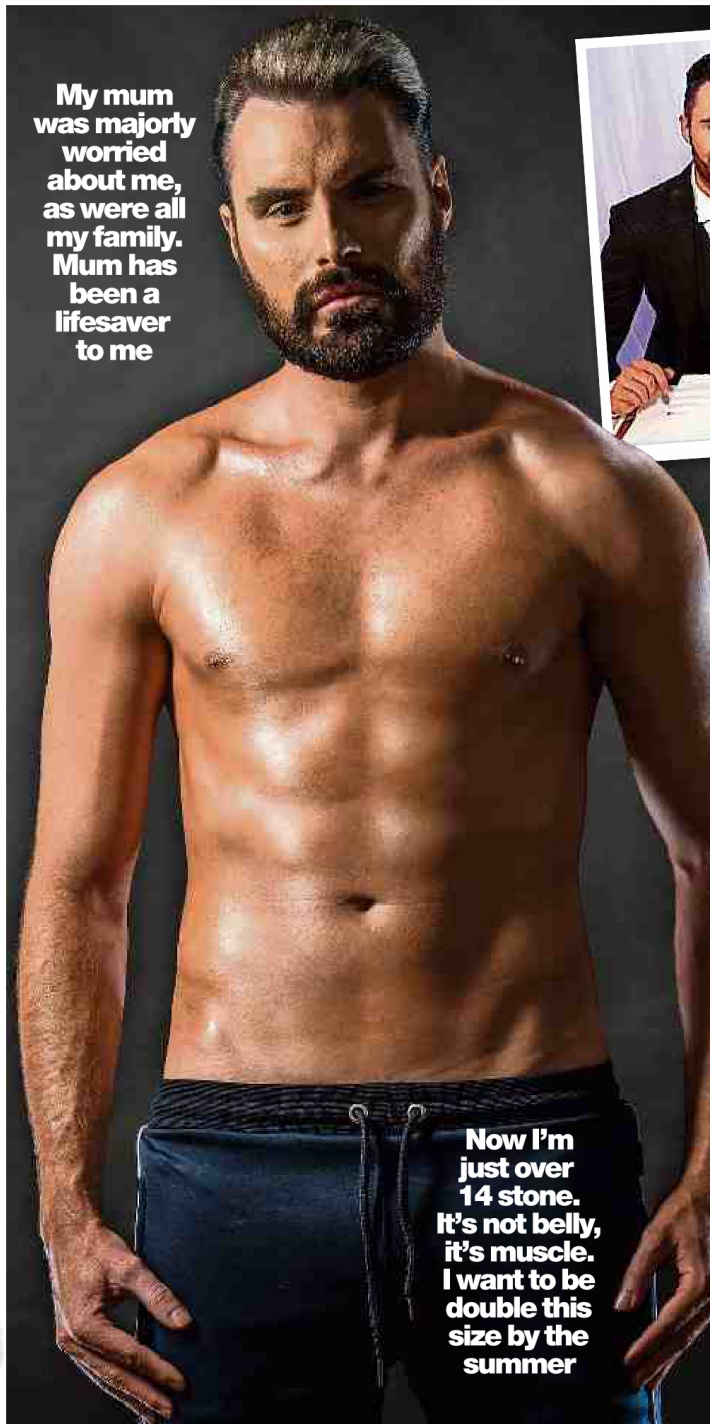
He said: "Do I want to live another 50 years? No. Just think how s**t the world is now. I would rather not live through it. At 75 I want to go. My plan for the next ten years is to make three great albums."

Noel does have a bucket list for his remaining years.

Speaking on Radio 1 last week, he said: "I would like to write a song with **JOHNNY MARR** and meet **BOB DYLAN**. I would like to write and perform with **NEIL YOUNG**. I would like to score the soundtrack to a **QUENTIN TARANTINO** box office smash and play a round of golf with a therapist."

"There is not a great deal I yearn for."

My mum was majorly worried about me, as were all my family. Mum has been a lifesaver to me



Now I'm just over 14 stone. It's not belly, it's muscle. I want to be double this size by the summer



DIVORCE
... with ex **Dan Neal** on their wedding day in 2015

RYLAN CLARK has revealed he became dangerously thin after his marriage breakdown left him feeling mentally unwell.

His weight plummeted to 9st 13lb – but thanks to overhauling his diet and exercise regime, he gained more than four stone, found therapy in exercise and feels confident posing topless for the first time.

The popular TV presenter, who is currently going through a divorce from his former policeman hubby of six years **Dan Neal**, vowed to get healthy after taking four months off work in the summer.

He said: "I got ill and I lost weight, I went down to under ten stone – and I'm six feet four inches, so that's not good."

"The honest truth is that it's been s**t."

"I didn't deal with what happened and now I am. I felt unwell and it was a very difficult time for me."

Rylan spent a lot of time with his mother **Linda**, who he describes as his rock.

'Banging on my door'

He said: "My mum was majorly worried about me, as were all my family."

"I don't just disappear for four months – that doesn't just happen. Mum has been a lifesaver to me and one of my biggest regrets of this year was putting my mum through me not being well."

"I needed to get back to me." Rylan returned to work on **Strictly: It Takes Two** in the autumn and decided he wanted to get healthy. He signed up to **The Six Pack Revolution** programme, a 75-day plan guided with personal training sessions by body transformation guru **Scott Harrison**.

Rylan said: "When I started feeling more myself I wanted to feel more confident in my body."

"My brother recommended Scott and we became best friends. It's been amazing. This isn't the end goal – it's just phase one."

"Getting fit and looking after my body has saved me. Fitness has given

FITNESS APP IS SO IN VOGUE

LIKE Rylan, **VOGUE WILLIAMS** has a new exercise regime – and a brand new health and fitness app to "empower women to feel their best and make time for their wellbeing".

She gets extra brownie points from us for doing it while pregnant with her third child. DJ and presenter **Vogue** already has **Theodore** and **Gigi** with husband **SPENCER MATTHEWS**.

Total Body by Vogue, with leading fitness app **Gymondo**, is available now.

HOLLYWOOD star **MARGOT ROBBIE** has revealed she won't make any New Year's resolutions for 2022 – and there is no chance of her giving up drink for Dry January either.

The **Suicide Squad** star said: "As a rule, New Year's resolutions are just there to make us feel like we have failed if we don't lose weight, if we don't eat organic, if we aren't at the gym every morning."

"There will be no resolutions in this house and no Dry January. It's been a hard enough couple of years for everybody. If you want that cold beer after a hard day at work, have one, if you want to order a pizza, do it!"

Margot, married to **TOM ACKERLEY**, says she misses London after moving to LA in 2017, saying: "I had some of the best times of my life in that incredible city."

This week who we would...

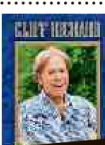


SNOG **KATY PERRY** for her surreal Las Vegas debut.



MARRY

MEL B saying her MBE is for domestic violence victims.



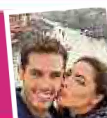
AVOID

CLIFF RICHARD's calendar, even if he did outsell **HARRY STYLES**.

WHO HAVE YOU SPOTTED?



TOMMY FURY and **MOLLY MAE HAGUE** looking cosy while taking a walk around Central Park, New York.



KELLY BROOK drinking rose champagne with boyfriend **JEREMY PARISI** in a Venice canal-side bar.

ON SUNDAY

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Stress of split made me ill

RYLAN CLARK EXCLUSIVE



HOW I TAUGHT HIM TO FEED HIS MIND AS WELL AS BODY

RYLAN'S personal trainer Scott Harrison said: "He and I became great mates during the training. The main change we did was constantly feeding Rylan's body the right sort of food. He got very full up at first but he did really well to keep going."

"I went round and trained him myself to push with the weight training so I could take him past where he thought he was capable of going. It's all about balance, trying to encourage him to eat protein, carbs and healthy fats."

"He was ready for a change. What the regime does for your mind far outweighs what it does for your body."

"I've also got a great success rate for chronic illnesses and anxieties are there because we're not feeding ourselves properly. That's why eating right will do wonders for your mind."



MATES... with Scott

me a goal." Scott trained Rylan in the TV star's home gym and drew up an eating plan, which involved seven to nine healthy small meals and snacks a day plus cutting down on booze.

Rylan said: "It's done more for my mental health than it has for my body, which is a crazy thing to say because you can physically see the body change."

"For my head, it was the best distraction, and at the same time it was a way to release a lot of emotion and focus on something other than what's going on around me."

"It's like hitting a reset button in your head. I've never had that before."

"I've decided to look after myself for a change instead of worrying about everybody else."

"Last year I properly lost myself. I wanted to get me back and make a better version."

Rylan admits that he struggled with the change in diet at first. He said: "I

was trying to put weight on. I'd lost so much."

"The hardest thing I found was the eating. I had to eat nine times a day – it was mostly protein. It was the most difficult thing, but you do it and when you do it you get that result."

"I enjoyed the exercise, it majorly became a therapy."

"I've always had the home gym but I just wasn't using it, so it was nice to put it to use for a change – I discovered I've got some decent equipment."

"Now I'm just over 14 stone – it's not belly, it's muscle. I want to be double this size by the summer."

"It's not just about how you look but also how you feel. It's nice to have that hour of exercise where you can concentrate on yourself."

"It gave me a reason to get up. When Scott was banging on my door at half seven in the morning, you can't stay in bed. I mostly cut alcohol out of my diet

– it needed to disappear. I won't lie, it's not been the easiest time for me – so there was the odd evening where I would fall off the wagon and have a glass of wine."

Even Rylan is shocked by how effective the results are. He said: "I was so body conscious before, I wouldn't even take my top off on a beach."

"Clothes are fitting me differently now – I can't believe it. I'm not the sort of person to do a topless shoot, but I wanted to shout about Scott's programme as he has helped me so much."

Rylan can't wait to embrace work this year, adding: "I'm going to open my arms out wide and grab opportunities with both hands."

"I'm happy 2021 is over and I can't wait to see what this year has in store. As one of my best friends says to me, '2022 is for you.'"

●For details about Scott's programme, visit thesixpackrevolution.com.

Mind the gap Miley



MILEY

CYRUS is a braver woman than us to risk wearing this very risqué dress for a New Year's Eve appearance. We'd like to describe it as cutaway, but we're not sure that term applies to a gown that has more gaps than it does fabric. Amazingly, the Wrecking Ball star managed not to fall out of it.

But unfortunately the same couldn't be said of a silver top Miley wore to co-host her NYE Party Special on NBC – as the straps came clean off in a spectacular wardrobe malfunction.

The singer, who was performing Party In The USA, had no choice but to catch the fabric with her hands and whip around to protect her modesty.

It's nice to know that even Miley has exposure limits.

AMY WILLERTON apparently dressed as a space cowgirl at The Standard Hotel on London's Argyle Street.

STRICTLY pro dancer NANCY XU in a romantic clinch with her boyfriend under the lights on London's Oxford Street.

HELEN FLANAGAN sipping cocktails that matched her pink dress at Manchester's Menagerie Restaurant and Bar.