

DAVINA'S lockdown diary

Davina McCall talks quality time with her children, why she can't wait to hug people post-lockdown and the beauty products she couldn't be without

Zoom call under way, Davina tells me: "Did you know that 70% of your immune system is in your gut? You should be having 30 different types of fibre every week. So next time you're making chilli, don't just put in kidney beans, add a tin of mixed beans for multiple fibres."

The advice comes from an episode of Davina's podcast, *Making the Cut*, featuring her friend Dr Megan Rossi, author of *Eat Yourself Healthy*. Davina has been making the podcast since the start of the year with her hairdresser boyfriend Michael Douglas.

"We record it remotely and it's been amazing because we couldn't see each other during lockdown and it was a way of feeling like we were together," she says.

They have reunited since lockdown eased: "It was so very nice to see him again."

Davina, who last week began presenting a new highlights series of the Channel 4 show *Big Brother* to celebrate its 20th anniversary, is moving house the week of our interview, yet she is surprisingly calm and cheery.

"We are moving into another rental while me and the kids build our dream home. It's exciting, terrifying and overwhelming, but it will be the dream. Luckily the builders had everything they needed to continue."

Here, Davina talks about life at home with three teenagers, combining fitness with dog-walking and a lifetime of DIY hair styles...

Davina, how have you found life in lockdown?
"It's been weird. I found the beginning really

hard and emotionally very draining, but then it's become the new normal. And I think it's amazing how versatile and adaptable we've become. I think now it's about what the world will look like and how can we get back to some normality, especially for work."

Have you found it easier as time has gone on?

"The easing of lockdown has been the beginning of worries again. Everyone was so worried at the start of lockdown, and we put our hands up and realised there was nothing we can do, and as it's easing people are worried again. I think working from home is going to be a thing, but not with TV presenting. I'm a bit bored of seeing people presenting from their home – I want to see them in a studio."

What are you missing most?

"Family, obviously. My sister lives in Australia and was due to be here with her husband, newborn baby and son for the whole six weeks of lockdown. They had taken a sabbatical from work, and I really feel I have lost out on a big chunk of time with them. Hopefully we can go out at Christmas, but it depends on the quarantine. And hugging! I've seen a friend at a distance, and I got emotional because we couldn't hug. I am a very tactile 'huggy' person and I don't know what to do with myself."

What's been getting you through?

"Walking my dog daily. I've never been able to walk my dog as much as I have in the last three months because I'm always working. I've loved it. It has been such a joy and I'll really miss it."

'I miss hugging! I am a very tactile, "huggy" person and I don't know what to do with myself at a distance'

Davina, who is an ambassador for Garnier, has stayed upbeat during lockdown with her three teenage children and is looking forward to building work on their "dream home" finishing soon



During lockdown, Davina has been doing home workouts with light weights to build strength. Her Davina Exercise Collection dumbbells are from 1kg to 3kg, £35.99; visit thisisdavina.com and ownyourgoalsdavina.com

WIN!
Davina's lockdown essentials including products from the Davina Exercise Collection, Garnier Ultimate Blends Hair Food shampoo and conditioner, plus a year's supply of Garnier Nutri Bomb Face Masks. Worth more than £500. To enter, visit hellomagazine.com/promotions*



Has lockdown changed your perspective on your work-life balance?
"I'd like to think I already had quite a good balance as I safeguard my weekends and the school holidays where possible. I will actually work through the school holidays this time as lockdown has meant I've spent so much time with the kids. It has made me realise that spending time with all three kids is so important. Tilly is 16 and Holly is 18, so naturally they had started socialising more, so the last

Has your health and fitness regime changed in lockdown?
"I have put on quite a bit of weight in lockdown. I mean, it's stuff I can lose. It's because I'm eating two mega meals a day whereas I would usually eat a light lunch. I'm snacking on fruit but it's full of fructose. For breakfast I alternate between crumpets with butter and honey, which is my favourite breakfast ever, and Dr Rossi's **Bio & Me Gut-Loving Granola** [£3.99; visit bioandme.co.uk], which contains prebiotics."

Have you enjoyed cooking during lockdown?
"This is one of the hardest things I've found in lockdown. I've been prepping *Big Brother: Best Shows Ever* with Rylan [Clark-Neal], doing the podcast and looking after the house, and I have found the food shop and meal prep a real juggle. I've been really proud of how the kids have mucked in. We do meal plans and write the meals on a board – things like risotto and shepherd's pie – which has stopped the constant 'What's for lunch?' questioning. I just tell them to look at the board. I do sweet potato chips from scratch, just because my kids prefer them, and Holly came up with the most amazing dressing with chipotle, olive oil and garlic."

Did Michael cut your hair when you saw him?
"To be fair, my hair is extremely low maintenance. I have cut my own fringe two or three times but as far as the length goes, I have just let it grow. It's really long for me. The next time Michael and I do a job together I guess he will cut it then."

How have you been keeping your hair colour in check?
"I've always done my own colour. I actually did a video of me doing it on Instagram as the packets of home colour can be quite scary, and people worry about things like leaving the colour on too long. If you follow the instructions and do a patch test, it's really hard to go wrong."

Have you always experimented with hair colour?
"I've done my own colour since I was about 19 years old. Even before I went grey I coloured it myself. As lots of people probably have, I went orange when I wanted to go blonde. I've been jet black, and I looked terrible, and I've been cherry red. One of the hairdos I got the most compliments for was white blonde at the front and dark at the back – only because I ran out of colour."

You've recently changed your colour. Why did you decide to do that?
"As I've got older I've got more greys in my hair and I wanted to find something that didn't look so obvious as it grew out, and Garnier [Davina has been a Garnier ambassador for 16 years] recommended I try something lighter with warmth to it, so I went for **Garnier Nutrisse Crème 5.0 Mocha Brown** [(1) £5.75, from

'Lockdown has made me realise that spending time with all three kids is so important. [This time] with them has been a blessing'



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three months with them and my son Chester, who is 13, has been such a blessing. I will try hard to get us all together as a family as often as possible after this."

How have your children found being together under one roof?
"They have been immensely helpful and perhaps weren't as aware of how much work has to be done to keep the house tidy, and they have pulled it out of the bag. They take their washing downstairs and sort it out and put it away and make their beds. That's a new thing since lockdown and I hope it will continue. I will crack the whip and make sure it does."

Have you been working throughout?
"The podcast has kept me and Michael sane in lockdown. We recommend things, either for free or cheaply, things to watch on Netflix and for free on iPlayer, and we did one Instagram Live each week and that was such a hit so we do it twice now. It's been so nice, and the listeners are so engaged. I'm forever getting messages from them."

Are you using this time to catch up on your sleep?
"I was lying in and it was not good for my mental wellbeing. I wasn't setting an alarm and I was waking up between 7am and 9am. It was destabilising me. I feel that setting an alarm, even when there is nothing to get up for, is very important to me. I need to know what time I'm going to get up and have some purpose to my day. Making the bed is the first thing I do in the morning."

Is exercise still important to you?
"I've been doing HIIT training while I walk my dog Bo. I do stop-start sprints to get my heart rate up, and it's fairer on Bo who can still enjoy all the doggie smells. Plus, she is 11. I have also been doing strength training as part of my *Own Your Goals* home workouts. It has been amazing – and I have had proper aching. I have been so cardio driven, but you forget about strength training as you don't want to look like Arnold Schwarzenegger. But I'm not lifting heavy weights – you still feel 2kg to 4kg."



Top: Podcasts with boyfriend Michael Douglas pre-lockdown. A socially distanced workout with her personal trainer Sarah Gorman (above) keeps Davina happy and in shape (below)



QUICKFIRE WITH DAVINA

- ◆ **HIIT or yoga?**
I have to do both. I need both in my life at my age
- ◆ **Trainers or heels?**
Trainers – with everything
- ◆ **Fresh juice or fresh coffee?**
Fresh coffee
- ◆ **Sweet or savoury?**
Savoury
- ◆ **AM workout or PM workout?**
Oh, morning. Easy
- ◆ **Lashes or liner?**
Lashes
- ◆ **Lipstick or gloss?**
Lipstick
- ◆ **Bath or shower?**
Bath
- ◆ **Home or away?**
Home
- ◆ **Takeaway or home-cooked?**
Home-cooked
- ◆ **Bold or natural?**
Natural
- ◆ **City or countryside?**
Countryside



app]. I often do it at night, but I don't do it in bed because [co-founder] Andy Puddicombe's voice knocks me out. I sit up straight with my feet on the ground and my hands on my knees. Sensate is a vibrating pebble that you place on your chest while listening to music, and it vibrates to the beat. It literally resonates through your arms and legs, and even Michael, who is a real cynic with things like this, loved it."

Are there any beauty products you simply couldn't be without?
"I love Clinique Chubby Stick Moisturizing Lip Colour Balm [(2) £18.50; visit clinique.co.uk]; Keavn Aucoin The Volume Mascara [(3) £23, from spacenk.com]; Garnier Ambre Solaire UV Water Clear Sun Cream Mist SPF50 [(4) £8, from Boots]; and Escentric Molecules 01 [(5) 100ml, £72, from cultbeauty.co.uk] is irresistible – I talk about it on the podcast all the time. Also – I am so retro – I add Badedas Indulgent Bath Gelee [£6, from Boots] to my baths. It's neon green and so evocative of my childhood. I love it."

Boots]. It's a small change but it's a big deal for me as I was the same shade (4.3) for 14 years. I'm pretty good and use hair masks regularly to make sure the condition is good. Me and the girls all use **Garnier Ultimate Blends Hair Food Coconut Oil 3-in-1 Hair Mask Treatment** [(6) £6.99]. It makes a huge difference."

What are your other hair heroes?
"Michael got me onto this, and I then went and bought one. It's called **Revamp Progloss Perfect Finish Hot Hair Styling Brush** [£59.99; visit revamphair.com]. It has different heat levels and it gets rid of frizz and creates body. It is so simple and so amazing on my frizzy hair."

Are there certain things you always recommend to your girlfriends?
"The School of Life is amazing. It's like a self-help website with lectures, like how to find love, how to fail and how to enjoy life. It's run by Alain de Botton, who has written some amazing books on love and relationships. I also love Headspace [a mindfulness and meditation