



HER EXCLUSIVE OK! COLUMN

Kym

THE 'CORONATION STREET' STAR HITS THE ICE, DENIES A FULL-ON SNOG AND CELEBRATES THE RELEASE OF HER FIRST FITNESS DVD!

OUR GIRL'S GOT THE POWER!

This is a really exciting week for me because my fitness DVD, *Power Sculpt*, is now available for pre-order. I'm really proud of it.

My boyfriend Matt Baker and his business partner Sam Witter are very much involved as they designed the programme for me – and people like me – who have busy lifestyles but still want to stay fit and healthy. It's something you can do at home or on the beach or wherever, grabbing time when you can to get the body shape you want. And because of the science behind it, you continue to burn fat for up to 36 hours afterwards.

If you'd have told me 20 years ago I'd be this obsessed with fitness at this age, I wouldn't have believed you! There was a time when

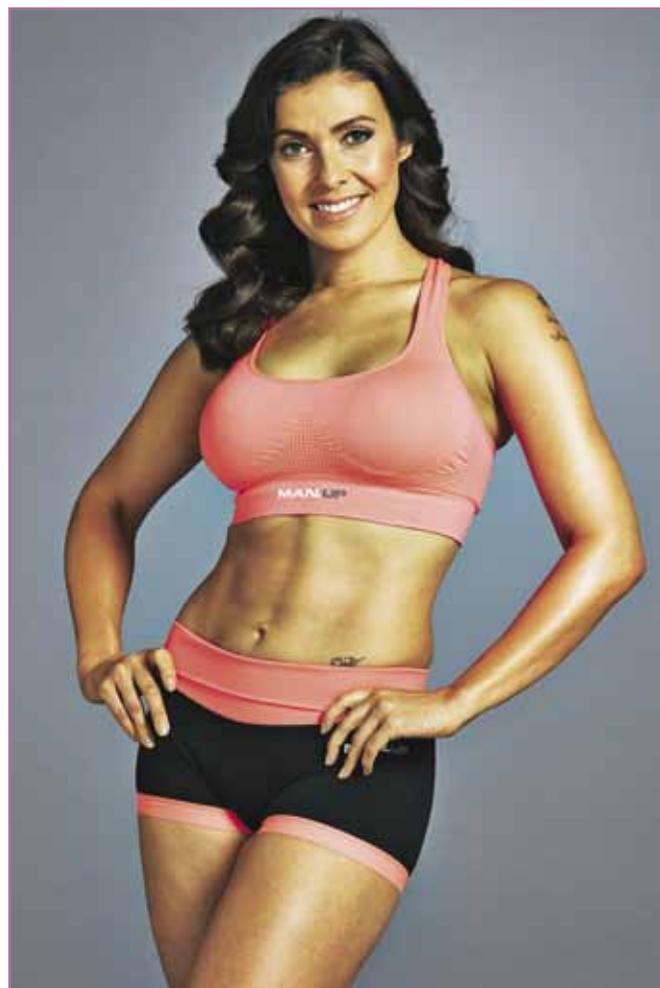
I couldn't think of anything worse than exercise, but at a certain point that all changed. I've had four children and, after I had Polly in 2011, I was in such a rut. I'd had a lot of bed rest during the pregnancy because I could have lost her at any minute and I'd lost all muscle definition. I was getting older and felt as though I was dragging myself around and I didn't want to feel like that any more – I wanted to feel fit and strong and have a

body I was proud of. Before now, I've never had that. I've always felt alright but, like everyone, I've always hidden things, too.

Now I'm so into my fitness training, that I can't live without it.



'KYM MARSH POWER SCULPT' IS AVAILABLE FOR PRE-ORDER FROM WWW.AMAZON.CO.UK AND IS IN THE SHOPS FROM BOXING DAY.



ICE TO SEE YOU...



Emilie and I opened the outdoor ice rink at New Bailey in Manchester last week. The funny thing is they introduced me as a celebrity skater and I'm really bad at skating! Forget *Dancing On Ice*, it was more standing on ice! I teetered on to the rink for photos and stood there holding on to one of those penguins that kids push around [right]. It was raining so the ice was even more slippery, but after the photos Emilie sat me on one of those plastic seals meant for children and pushed me round [above left]. All we did was laugh!

I also switched on the Christmas lights in Manchester in front of 25,000 people.

It was madness. I pushed the plunger with my *Corrie* co-star Catherine Tyldesley [below left], who was there performing. She looked gorgeous in her red sequinned dress. The atmosphere was amazing and once we'd done the countdown, they let off fireworks from the top of the Town Hall. Matt came with me. We watched the display from the stage and the papers said we were snogging. As if! He was shouting in my ear and I was leaning in because it was so noisy [below left].

I also went to Polly's first parents' evening this week. She's doing very well and making friends. She's choosing to do writing activities which is a good sign she wants to learn. I'm a very proud mummy.



GOODBYE KIARA

Sadly, my sister Tracey lost her precious dog Kiara [below] last week. She rescued her when she was just four months old. It was sad but she was very sick and very old at 15, and the vet said it was time. Tracey is heartbroken because she was like her baby. We'll all miss her. **OK!**



WENN, XPOSURE