WE'RE TALKING TO...

LISA SNOWDON

The model, TV and radio presenter talks about the joys of growing older and finding confidence from within

Lisa is empowering women to feel more confident

HOW IS LIFE RIGHT NOW?

'Everything's brilliant! I've got a great life/work balance, rather than a work/life balance, choosing work projects that fit in with my life and make me tick. Doing my Things I Told My Daughter podcasts for *Fabulous* magazine has been amazing, and I also get to work with fashion on *This Morning*, helping women of all ages, shapes and sizes look and feel good about themselves. It's a dream to do because I'm all about empowering women and helping them be the best version of themselves. Things are also fantastic with my fiancé, George. We haven't set a date for the wedding yet, but that's because we're very happy as we are.'

TELL US ABOUT YOUR CONFIDENCE CURVE CAMPAIGN

'It's all about how we grow in confidence as we hit specific milestones in our lives, ultimately showing that confidence comes from feeling good within. The research, conducted by Seven Seas Perfect7 supplements, shows big milestones for women are getting our first job to achieve independence, and/or having our first child, and we get a huge confidence spike in our 50s, whether it's from feeling stronger after dealing with the highs and lows of life, or not worrying so much about how we look or what people think of us. We don't sweat the small stuff anymore. It's something I relate to.'

ARE YOU MORE CONFIDENT NOW THAN IN YOUR 20S?

'Absolutely. I like myself now. I like what I've become, and I can look back and be proud of what I've achieved. I'm calmer, more settled, and sorted. I'll be 48 in January, and I'm far more confident now than even three years ago. I like to feel confident and good from the inside out, because when you do, it has a positive knock-on effect. If you've got the energy to get out and about, do the things you want to do, and see your friends, it shows in your face and shines through in everything you do. I choose feeling good over looking good any day of the week.'

DO YOU EXERCISE?

'Yes! I do it for my body, but mostly for my mind, because you release all those feel-good hormones into your brain. I like doing reformer Pilates to strengthen and lengthen my body and work my core, and I've also recently taken on a personal trainer to do weight-lifting to increase my bone density and muscle mass, which you lose as you get older. Plus, I do a bit of running every now and then to keep my body moving.'

HOW DO YOU STAY ENERGISED?

'Water is huge for me, and I drink shed loads throughout the day. I've also been trialling Seven Sea's Perfect7 Plus for the past three months, which has made a big difference to my wellbeing. It has all the essential vitamins and minerals I need, like omega-3, magnesium and zinc to help maintain my energy levels – I noticed when returning from a recent work trip to Japan that I bounced back much more quickly from jet leg than normal – while also boosting my hair, skin and nails. Shellac treatments have weakened my nails over the years, but they don't flake as much now and are much healthier and stronger. My skin is also lovely at the moment, despite the colder weather.'

WORDS: Jo Ebsworth. Lisa Snowdon has partnered with Seven Seas Perfect7 to support the Confidence Curve campaign. For both men and women, Perfect7 combines omega-3 capsules with multivitamin and mineral tablets to support seven key needs, including energy, skin, hair and nails. Visit Seven-seas.com to find out more.