

*My body has changed FOR THE BETTER!*

Vogue Williams tells *H&F* how she's combining motherhood with her passion for fitness

Words: Joanna Ebsworth

**A**lot can change in two years. Just ask Vogue Williams. When *H&F* last spoke to the model, DJ and reality TV star in 2017, the at-the-time-single fitness fanatic and keen adventurer was still recovering after rupturing her anterior cruciate ligaments during training for controversial Channel 4 TV show, *The Jump*. Fast forward to now, and Vogue is feeling in the best shape of her life. She is happily married to fellow *The Jump* contestant and *Made In Chelsea* star Spencer Matthews and is a proud mum to their 11-month-old son, Theodore. But don't be fooled into thinking family life has forced the new Mrs Matthews to slow down. On the contrary, she's never been busier. When we catch up with Vogue, she's just completed four months of gruelling training to compete in her first horse race as a debut jockey, riding in charity race The Magnolia Cup at Goodwood, in aid of women's health charity Wellbeing of Women. She's also filming the second series of E4 show, *Spencer, Vogue and Baby Too*. Vogue's the first to acknowledge how much her life has altered. 'I know! It's crazy, right?' she says. 'But I've never been happier!' So how does the new mum juggle all her commitments? Read on to find out...

**Q** HOW ARE YOU COMBINING YOUR PASSION FOR FITNESS WITH BEING A NEW PARENT?  
'I think everything just changes a little bit. A few months ago, I started training with PT Dalton Wong to get in shape for a shoot, and when I told him I'd been training five to six times a week, he said, "You can't do that as a mother. You can't be tired. You need to be eating properly and training less". He convinced me to train four times a week and, since then, my body has changed for the better. I find training less is easier on my body, gets better results, and suits me now I have a baby.'

**Q** HOW DID YOU FIT IN ALL THE HORSE RACING TRAINING?  
'I was a bit exhausted towards the end, I have to be honest. Horses like to get up early, so there were lots of 4.30am starts to travel to York or Lambourn, in Berkshire, to train, but I'd be back by 10am each day to look after Theodore or go to work. I just had to go to bed by 7-8pm and get plenty of rest. It took lots of organising, but I absolutely loved it and I'm going to keep up horse riding – just not as aggressively.'



Vogue on location for her sunless tanning range, Bare

**Q** YOU SEEM TO HAVE MORE ENERGY THAN EVER. WILL YOU EVER SLOWDOWN?

'I do have a lot of energy! But to be honest, while I loved the horse racing training, after it was over I did say to myself that, as a mum, it's my responsibility not to put myself in really dangerous situations. I had a couple of bad falls, including one that resulted in having 12 stitches in my elbow, which made it hard to pick up Theodore. And to be picked up is all he wants! I was lucky I didn't break my arm. From now on, I'll be a bit more cautious in the activities I choose.'

*'I still train with my PT Dalton Wong once a week; do classes at Kobox and BOOM Cycle; and take Theodore out in a running buggy.'*

**Q** WHAT'S YOUR CURRENT FITNESS REGIME?

'I still train with my PT Dalton once a week; do classes at Kobox and Boom Cycle; and take Theodore out in a running buggy. He loves to get out every day – I'll do 6km, then we'll end up at the park because he loves the swings. I've also got some weights and equipment on my balcony, and do a lot of resistance bands work there. Finding 45 minutes in your day four times a week isn't so hard when it's part of your lifestyle.'

**Q** WHY IS STAYING FIT SO IMPORTANT TO YOU?

'I don't like the feeling of not being able to do something. Before I had Theodore, I wouldn't say



Everything has changed – and Vogue couldn't be happier

I was necessarily fit – I was strong from lifting weights at the gym, but I wasn't doing any cardio. I only took up running after having Theodore, and now I feel like I'm really fit – it's nice to be able to run around after him, lift him up and not get out of breath. Training also gives me some headspace. I did some Pilates this morning and it totally changed my mood because Theo was up a lot during the night and I wasn't feeling great. I've never left the gym feeling worse than I did going in. I always leave feeling I'm so glad I went.'

#### **Q HOW HAS BECOMING A MOTHER CHANGED YOU?**

'Every aspect of your life changes when you become a mother. You automatically become selfless – plus, my organisational skills are firing at 100 per cent now. The fact is, you simply have someone else to think about in your life that's way more important than you. People say "oh, your life must be so different", but I don't feel that way. Whatever way our lives have changed, Spencer and I couldn't be happier.'

#### **Q DOES THEODORE HAVE YOUR ADVENTUROUS STREAK?**

'Oh my god, he's always off somewhere. We have to close all the doors behind us now, otherwise he just disappears! He loves being outside – he's funny, loud and boisterous which, coming from the both of us, is exactly the child we deserve!'

#### **Q ARE YOU KEEN TO INTRODUCE THEODORE TO EXERCISE AT A YOUNG AGE?**

'I wouldn't say 'exercising' him is important as such, but getting him outdoors is. It's better for kids to be outdoors, rather than cooped up.'

I take him swimming which he hates, but he's going to start liking it!'

#### **Q WHAT ARE YOUR MAIN WISHES FOR YOUR CHILD?**

'I just want him to be healthy, happy and loved. I'm working with Fairy Non-Bio on a beautiful campaign called To My Baby, creating a video encouraging parents to share their fundamental wishes for their child in a letter using #ToMyBaby, as a reminder of the initial, uncomplicated hopes we have for our children. All most parents really want is a healthy, happy, loved baby.'

#### **Q WHAT'S YOUR BEST FITNESS ADVICE FOR NEW MUMS?**

'Take it at your own pace. Women feel under pressure to lose the baby weight and, although I got my body back quite quickly, it's just the way my body is built. I didn't go to extreme lengths – I couldn't train for eight weeks after labour, yet my body went back to how it was before.'

#### **Q HOW DO YOU TAKE TIME OUT FOR YOURSELF?**

'My favourite thing is to have a facial or a massage. I'm not a reader or a meditator, I'm always doing something because there's always something to be done! When I want to relax, I'd rather have a chat with my friends or go out for dinner.'

● *Vogue is supporting Fairy Non-Bio's 'To my baby' campaign, which encourages parents to share their first wishes for their baby in a letter, using #ToMyBaby. For every share or retweet of the video or letter using #ToMyBaby, Fairy Non Bio will donate £1 to Great Ormond Street Hospital Children's Charity.*



Training for  
The Magnolia Cup



With Spencer and  
baby Theodore

#### **MISSION VOGUE**

Always up for a challenge, here are some of Vogue's highlights:

**2012** Competes in *Dancing with the Stars Australia*

**2015** Wins Bear Grylls: *Mission Survive*, series one

**2017** Competes in *The Jump*. Withdraws due to injury

**2019** Rides in charity horse race The Magnolia Cup for Wellbeing of Women