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Get me a bra and thong and I'll do it now... I've never felt so good

By GRAEME DONOHOE

Published: Today

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BRA queen Michelle Mone has promised to model for Ultimo in skimpy lingerie - after shedding **SIX STONES**.

The blonde reckons her sensational new curves make her the bust girl for the job... and she wants to promote the firm's Adore Moi range.

Ultimo boss Michelle claims she has never felt sexier after going from 17st to 11st and **LOVED** showing off her toned figure in this photoshoot.

She's lining **HERSELF** up as telly babe Jenni Falconer's replacement for the brand... and is desperate to peel off further.



Enlarge

Modelling plans ... Michelle Mone

Top five diet tips

1. **Picture yourself at your ideal weight:** "Any time I feel demotivated and want to ditch the diet, I think of myself at my optimum weight, feeling confident and happy. That always does the trick and makes me put down the biscuits."

2. **Set yourself a challenge:** "I've decided this year I'm going to do a 10K. If you've got something to aim for you'll be more focused and instead of counting the calories I'm now

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Before the diet ... a fuller-figured Michelle

weight loss - said: "Get me a bra and a thong and I'll do it now. I'll just go and pick out my favourite set.

"I feel the best I've ever felt, even going back to when I was a teenager.

"I hate talking about myself like this but I feel really confident.

"My pictures have been on Facebook and the number of people who have said, 'You should do a shoot yourself'.

"There are literally thousands of people who have said I should do an Ultimo lingerie shoot so it wasn't my idea."

Michelle - who has dropped from a size 20 to a size 10-12 - has hired models including Mel B, Sarah Harding, Peaches Geldolf and Elen Rives to front Ultimo ranges.

And she's vowed to add her name to the list of models despite her family's objections.

Michelle said: "We own a brand called Adore Moi, which Jenni Falconer is the face of just now. It is a very sophisticated brand for women in their 30s and over.

"And I'm planning to do a shoot for that. I'm always telling women to feel confident in their underwear so why shouldn't I lead by example?

"The time is right to practise what I preach so you can look out for pictures of me in my hold-ups and my skimpies.

"I'm going to give myself another couple of months in the gym and then go for it.

"Last year, if someone had said I'd be up for doing a shoot in my own stuff I'd be like, 'You're having a laugh'.

"But now I'm like, 'Bring it on. Whatever'.

"And the money that I'd pay for a day to one of our celebs, I'll donate to a children's charity.

"It'll be a one-off."

But hubby Michael, and kids Rebecca, 16, Declan, 13 and ten-year-old Bethany reckon it could hurt her reputation as a business tycoon.

counting the miles."

3. Swap foods: "Small changes can make a big difference. Swap full fat milk for semi-skimmed, butter for margarine, fizzy drinks for diluting juice and crisps for a couple of oatcakes and you'll see big results."

4. Be patient: "You have to be realistic. Like lots of things in life, good things come to those who wait! Don't expect to lose weight overnight. It took me two years to lose over six stones and in the first few months I lost the least."

5. Find the right support: "A lot of people really struggle to stick to diets, so make sure you stand the best chance possible by getting the right support, whether that be a diet group or a slimming programme. Trimsecrets really worked for me as it helped me manage my appetite, which I've always struggled with and fits in perfectly with my lifestyle, which is half the battle."

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The 38-year-old - who credits herbal drug TrimSecrets with her dramatic

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Michelle confessed: "Michael is quite against me modelling.

"He doesn't think it's appropriate for a businesswoman to get her kit off.

"I think it's just a bit of fun and a bit of banter but I'm not getting much support in the Mone household.

"Even my eldest daughter's against me. She's like, 'Mum, please don't be silly'.

"None of the family are supporting me at all but all my friends are saying that I should go for it.

"I'm determined to do it. I just hope people don't think that I'm far too old to do that.

"OK, I'm 38 but why should women in their 30s and 40s not feel sexy?"

But Michael isn't complaining about Michelle's new confidence in the bedroom.



Stunning new look ... Ultimo boss

She boasted: "Michael's started to take TrimSecrets Double Strength as well now so maybe he's thinking he'd better watch himself. But Michael has nothing to worry about - I'm not going to be doing a Hannah Waterman.

"He might have to start taking double strength Viagra though because I'm feeling sexier than ever so you know what that means.

"I'd say Michael's got the biggest smile he's ever had.

"I think women are definitely at their sexiest in their 30s and 40s.

"You've got more experience and you know exactly how you suit your hair and make-up."

The entrepreneur - who was awarded an OBE in the New Year Honours list - hit rock bottom when she had to squeeze into size 20 clothes.

She tried every diet possible before discovering TrimSecrets herbal diet pills at the beginning of last year. She was so thrilled with the results of the scheme - which was developed by naturopath Jan de Vries - that she bought a stake in the company.

Yesterday, the firm launched its new TrimSecrets Double Strength pills. Michelle said: "As my business got bigger and bigger so did I.

"It's very stressful running a business so I started neglecting myself and put on a lot of weight.

"Two years ago I was miserable and could barely fit into a size 20.

"I had no body confidence left at all and I was depressed.

"But TrimSecrets has helped me stay positive and stop stuffing my face.

"I lost over four stones in 2008 and with the help of the double strength pills shifted the rest last year. Overall it's helped me lose 6st.

"I did this fashion shoot in London and it's the first time I've worn tight, short dresses.

"I hadn't allowed my legs to be seen in public for years.

"Now I'm changing my whole wardrobe - I'm getting rid of all my frumpy clothes.

"I don't want to lose any more weight. I'm happier now than I've ever been."

• Michelle lost weight on the TrimSecrets plan. TrimSecrets Double Strength is now available from trimsecrets.com at £14.95

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So much for size doesnt matter. She was very nice when bigger, now she is gorgeous. Ive never heard of a woman who wanted a bigger bum and small ****s!

kevink

9:33AM, Jan 08, 2010



She looks good, and I also thought looked very good before.

ruby25

6:45AM, Jan 08, 2010



She still loves her grub. She was a guest on Real Radio (football phone-in) a few weeks ago and she asked for a kebab to be delivered to the studio...

lightspeed

6:40AM, Jan 08, 2010



YUP, she looks fit - VERY FIT !!

Bignoise

4:58AM, Jan 08, 2010



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