

Amanda Holden, 47

Amanda recently posted bikini pictures of herself on holiday that went viral. She says her enviable figure is all down to yoga. 'There's an exercise called Breath of Fire that is great for abs.'

Keala Settle, 42

Keala is a Broadway veteran and star of *The Greatest Showman*. She sang the film's body-positivity hit, *This Is Me*, and has said, 'I woke up one day and thought, "Enough is enough with bullying myself." The war is within you, and that's also where it's won. You just have to tackle your insecurities and then let them go.'

Christina Howells, 50

The 'Body by Christina' uber-trainer says, 'Your 40s and 50s is a time to join the new breed of women getting in the best shape of their lives.'

Ernestine Shepherd, 81

At 56 the Baltimore grandmother visited the gym for the first time, became hooked and was, at one



point, the oldest competitive female bodybuilder in the world.

Edwina Brocklesby (above), 75

The Northampton grandmother – Britain's oldest Iron Man competitor – only started running in her 50s to get over the death of her husband. She's since completed six Ironmans and seven marathons.

Kristin Armstrong, 44

The American road-bike racer came out of retirement just before her 40th birthday and, aged 42, made Olympic history in Rio by winning a third gold.

Tracy Anderson, 43

One of the original fitness stars, she trained Madonna and Gwyneth Paltrow before setting up a fitness empire, which includes 370,000 Insta followers.

Kirstie Allsopp, 46

The *Location* star lost two stone last year after seeing nutritional therapist Amelia Freer. 'The main tenets are three meals a day, with a five-hour gap. Eat greens and keep carbs to a minimum,' she says.

Summer Sanders, 45

American Summer was an Olympic champion swimmer. After developing skin cancer, she raises awareness for the disease.

Paula Radcliffe, 44

Three-times London Marathon winner Paula told the *Telegraph* that years of running has left one of her feet osteoarthritic. 'But the rest of me is not too bad, I think.'

Sofia Vergara, 45

The *Modern Family* actor posed naked for *Women's Health* last year,



saying, 'Here's a woman, 45, being able to show her body. It's not like it was before, when it was just young girls.'

Johanna Quaas (above), 92

The world's oldest gymnast's parallel bars routine recently went viral on social media. 'My face is old, but my heart is young,' says German-born Johanna.

The Queen, 92

Her Majesty was spotted horse-riding through Windsor Great Park just days after the birth of her sixth great-grandchild, Prince Louis. Way to go, Ma'am. ◊



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