

READ ALL ABOUT IT – OUR GIRL'S BACK!

Kerry Katona

OUR SASSY COLUMNIST IS AT HER DESK AND READY FOR ACTION...

I'm over the moon to be back doing my OK! column so hello everyone! I've been at GI Jane bootcamp this week and I loved it. We were up at 5am and standing to attention every morning – we did ten hours of exercise every day. I enjoyed it so much more this time because I know the results and it's a great chance to get away from the paps!



Bootcamp helps me mentally – I wasn't there to lose weight, the exercise clears my head. The first two days I was like: 'I just want to go home!' But the journey is about not quitting. It's so hard and so emotional, you cry and you laugh, but I want to show the public that it's not about losing weight, it helps you mentally. Don't get me wrong, I still love a curry, just not every day. I had a camera crew with me to let the public see how it can turn your life around. I love exercising these days and I'll carry on now I've left bootcamp.

I CAN'T WAIT TO PARTY WITH SIR ELTON!

Part of the reason for bootcamp is so I look amazing for Sir Elton John's White Tie & Tiara Ball next week. I'm going with Peter Andre and my manager Claire and I'm so nervous. I've met Elton once before at the BRIT Awards and I'm so excited! I still get intimidated after all these years. I think, I'm Kerry Katona, what the hell am I doing here?!



Being at bootcamp meant I missed the *Big Brother* launch so I'm now tuning in. I failed the psychological tests to go on *Celebrity Big Brother* last year. I'd just come off my bipolar medication and my GP told them I wouldn't be able to survive in the house without my medication so I couldn't go in.

I'm absolutely loving the Liam Gallagher lookalike from Yorkshire, Nathan – he looks a right cheeky chappy. Josie is dead smiley and a right laugh. My biggest shock of all the housemates was how much Rachael looks like Beyoncé – she's bound to stir up some male passions in the house! Who do I tip to win? It's got to be Stockport girl Corin because, although she looks like Katie Price, I reckon she's more like me in personality. Everybody's been laughing and telling me we've got the same voice!

I'M UP FOR THE CUP IN MY NEW SHIRT!

The waiting was finally over for England's first World Cup match! I had some friends over and we had a few drinks. I even wore my new England shirt. I'm rooting for Wayne Rooney and Steven Gerrard – I have to support my fellow northerners!



CHARLOTTE NEEDS TO LOOK AFTER HERSELF

It's so sad that Charlotte Church and Gavin Henson have split up. But at least they've realised now rather than having to go through a messy divorce. I've met Charlotte once and she looks amazing. You always lose weight when you're going through a separation – so Charlotte needs to stay happy and healthy.

