

HELLO!

NOV 2017 • 18 AUGUST 2018 • £3.40

FIRST EXCLUSIVE BABY PHOTOS
VOGUE AND SPENCER
AT HOME AS THEY INTRODUCE THEIR
BEAUTIFUL DAUGHTER GIGI MARGAUX

'There couldn't
be more love
in our house
right now'



A ROYAL STAYCATION

'They looked
so happy on
a bike ride'



ON HOLIDAY WITH THE CAMBRIDES

AS WILLIAM RELIVES
CHILDHOOD MEMORIES
WITH GEORGE,
CHARLOTTE AND LOUIS

BIRTHDAY CELEBRATIONS IN L.A.

EXCLUSIVE



THE NEXT CHAPTER HARRY AND MEGHAN

THEIR EXCITING FUTURE

'There are lots of doors open to them'

EXCLUSIVE: READY FOR NO. 3

**ROCHELLE
HUMES**
PREPARING
TO WELCOME
HER FIRST
SON

'The girls
are so
excited'



'I have a bit of a duty to women to be proud and positive about the way I look now. I am the age I am'



'I swear by green exercise - being outside every day. It's so good for your mental health'

...over amazing children, and maybe this would have started going south if I'd had half-siblings," she says. "Karen has public profile; she also feels a sense of responsibility to be comfortable with who she is."

"I have a lot of a close network to be proud and positive about the way I look now and hope it is a badge of honour, rather than shock. "Oh I wish my pants got bigger and my tummy's a bit bigger. I am the age I am," she shrugs.

HEALTH SERVICE

She did, however, have a health scare in March when, just before lockdown, on a work trip to Costa Rica, she discovered a lump in her left breast. It was 10mm in size, but she had a breast mammogram but in all the way having surgery for breast cancer that she took not action.

"I asked her, 'I thought, 'You're an actor. Why haven't you done anything about this?' It was one of those things where I thought, 'It won't be me. I'll give it some time and let it go away.' It was one of those things where I thought, 'It won't be me. I'll give it some time and let it go away.'"

Following a 10mm call with her GP, Julia was referred to a specialist. Three days later she had a mammogram and was diagnosed with ductal carcinoma, which, she has been told, has only a 10% chance of developing into anything cancerous.

"It's completely and utterly relief of course, and a bit of relief that I'd felt it, and it has made me very aware," says Julia, who posted a picture of her undergoing the mammogram on social media because she didn't want "people to make the same mistake I had".

"The message that I'm keen to get out there is that if you have something that's a strong indicator of cancer, then please go to your GP and get it checked out."

Before her diagnosis, Julia had tried to keep her breast under wraps, so as not to bring "negative vibes" into the house.

"The first thing you think - and I'm sure this is the same for every parent who has a health scare - is that you want to be able to see your children. You look at their little faces and think, 'I want to see who you're going to be.' It's a scary moment."

Her children, she says, are her proudest achievements, perhaps even more so since she struggled to conceive; her sons were born after two rounds of IVF.

"At a time they're fascinating to watch, so

Julia finds an inspiring spot for her yoga practice. The presenter keeps to a 20 regular fitness routine that also comprises cardio and walking



different. I'm so proud of the way they love each other and want to spend time with each other.

"They've been running around the fields using 'baa' to the sheep, and caring for each other. Nothing makes me happier than to see my little ones chasing trees and messing about with sticks. Zena even has a family of dogs."

"And Zeph is obsessed with his sheep. The biggest treat for him is that they can all share a treat together."

The past four months during lockdown has been the longest spell of consecutive time that Julia has spent with her children, as work has always taken her away.

"They're loving it and it's been lovely to be able to do," she says.

WALKING TALK

Life is about to get busy again, however. She continues to run her walking website, The Outdoor Guide, with her sister Gena, and will soon start filming a series for ITV that celebrates the British countryside. She's also working towards achieving her own big ambition: a big TV campaign to encourage everyone to be walking fit.

"Even the Government has cottoned on to the fact that we need green spaces to stay healthy - physically and mentally - and it's something I've always tried to promote," she says.

But for now she is enjoying the time she has with her family at a special moment in her life.

"I feel incredibly lucky. I don't want to sound smug because that's very unattractive, but I am grateful for the blessings in my life and feel a responsibility to make the most of what I have and not squander anything," she says - before running off to join her children to talk to some sheep.

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MAGNETIC STUDIOS/REDFERNS

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