

# MY best LIFE

**Strictly's Alesha Dixon, 30, has had a bumpy ride this year since she controversially replaced Arlene Phillips as a judge. Now she's co-hosting *Children In Need* and back on tour with *The Alesha Show*. She's single and lives in Hertfordshire.**



Alesha loves Brucie's energy and enthusiasm

★ **What's the best advice you've been given?**

My mum says, "Let the past be the past, let the future take care of itself and just live in the present day." That's what she told me when I was a little girl.

★ **What's the best thing to come out of the whole *Strictly* controversy?**

Actually in the BBC they've all been very kind and supportive, which is nice. Brucie's been very sweet. He says things to me like, "Anything you need, any time, just give me a call."

★ **What's the best thing about working with Brucie?**

His energy and enthusiasm, which hasn't wavered over the many, many years that we've been privileged to have him on our screens. I don't know how he does it. Even when he's not on television, he's really happy and really lively. He's just a lovely man who I'm very proud to have met. He's a great individual. He always knows when I'm around because he can hear me laughing!

★ **What's your best childhood memory?**

Playing out in the summer with my brother and friends where I grew up in Welwyn Garden City, Hertfordshire. We'd get up to a bit of mischief. Just being kids, enjoying playing in the



Alesha likes to fit walking her dog into her schedule

**ALESHA DIXON**  
 'MY BEST SUBJECT AT SCHOOL WAS TALKING!'

summertime, going raspberry picking – when you don't have a care in the world.

★ **What was your best subject at school?**

Talking! I was good at English, Physical Education, Geography and Drama, too. I was really organised when I was a little girl. If I had a day off in the summer holidays and I was bored I'd write my own schedule out, which is what I have to do now. Ten o'clock, go to the shops; 10.15, walk the dog.

★ **What do you like best about yourself?**

My ability to remain positive and keep focussed. I believe that anything's achievable. You can control your own destiny by your attitude to life.

★ **What's the best bargain you've found recently?**

A pair of shoes on the website ASOS.com. They were pink and amazing and only £25. In fact I got five pairs of shoes for £170. Bargain! I'm not one of those people that regularly shops, but once in a blue moon I go on a bit of a dilly-dalliance on the web.

★ **What's your best money-saving tip?**

Allow yourself a budget every month and stick to it, rather than spending when you feel like it. I now have that voice in my head that says, "I like it but do I need it?"

★ *Children In Need* is on BBC1, 20 November

★ Alesha is the ambassador for EA Sports Active Personal Trainer

**BEST TV** "I like my box sets. *Sex And The City*, *Friends*, *Desperate Housewives*. I'm addicted to *Friends*. I watch it pretty much every night. My favourite episodes are the ones about Ross and Rachel."

**BEST COMFORT FOOD** "Cheese. I'm a bit of a cheese freak. I'm more of a savoury girl than sweet-toothed. I'll get all the crackers out and the gherkins and the pâté."

**BEST PART OF THE DAY** "Bed. But I can survive on four or five hours sleep, which is all I normally get."

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