

Married for 10 years, Davina says Matthew is her 'hero'. Far right: *Got To Dance* is reaching its grand finale



'THE DAY I MADE MY HUSBAND CRY'

She wept as *Celebrity BB* ended. But Davina's not the only one in her house to shed a tear...

Who do you turn to in a crisis?

If it's a really girly weepy crisis, it's my best friend of 20 years Sarah. My husband Matthew's area of expertise is practical things. If there's any kind of flood or power cut, he jumps to it. He was my knight in shining armour when he finally made it through to me at 7am, after I'd been trapped in my car in the snow from 9pm the night before on the way back from a party.

baby's sex during the pregnancy so when I said, "It's a boy" he had a little moment.

Have you always been so energetic?

I was painfully enthusiastic as a kid. I was like Tigger, very bouncy and a bit of a performing seal. First I'd do songs for family and friends, then my mates when I got older. Now I've managed to make a career out of performing!

keep eating healthily, too. You can't start eating cake every day just because you're exercising and still expect to see results.

Now *Celebrity BB's* gone, are you enjoying *Got To Dance*?

Doing the live shows with a 600-strong screaming studio audience is as thrilling a TV show experience as I've ever had. I've given myself a little Bruce Forsyth silhouette moment at the beginning of the show. Brucie has his chin thing, I do my best John Travolta *Saturday Night Fever* pose.

Any other exciting job news?

Yes! Having spent most of the evening harassing the producers of *Casualty* at the *National Television Awards*, I feel I may be one step closer to them letting me appear in it. I don't want to appear on it as me, though. I'd quite like to be a friend of Janine Mellor's character, Kelsey.

★ The *Got To Dance* final is on Sky1, 14 February, 6pm.

★ Davina's Fitness range is available exclusively from Argos, www.argos.co.uk

Is it important to keep Matthew happy?

My mother once told me that I must always keep my husband satisfied or he'll go shopping somewhere else. The older I've got, I think the truer that is.

But you must have upset him at some point?

Matthew doesn't weep, not even at movies. He shed a tear when he watched the Olympics and Steve Redgrave got his fifth gold. Oh, and when I gave birth to our son Chester. He had wanted a son so badly. We didn't know the

And happy?

The thing that I've been grateful for my whole life is having a generally positive outlook. When I was using drugs I lost my natural optimism a bit. I started attributing my sunny personality to the drugs. I thought that if I took the drugs away, maybe I wouldn't be sunny any more. But even after just two days of being clean it came back, and now I've been clean 17 years.

How do you stay fit?

My best tip is to exercise three times a week, because two times just isn't enough. You need to



Davina went undercover in the *BB* house – and couldn't wait to get out!



With her much-longed-for son Chester, the youngest of their three children