

best BITS

COVER STORY

Ozzy recently told best he'd been advising you to slow down with work. Have you been listening to him? (Laughs) No, I hope I won't ever slow down. It's just not me.

What drives you?

I think it's one of those things where I've been working from such an early age that I don't know any other way. I have to keep active. I have to get up. I have to have a purpose for what I do. I'm not one of those people who can get up at two or three in the afternoon and just loll. It's not in my DNA.

How many hours sleep do you need?

Five. I'm good on five.

Ozzy told us he doesn't care how you look or what size you are. Do you feel different about plastic surgery than 10 years ago?

No, I don't. I still think it's a great option to have. Some people look great and some people don't. It depends on which doctor you go to. But if something about your appearance bothers you



Housewife, 45 – pre-MTV fame, Mrs O was looking her age



Eight years (and a nip 'n tuck) on, the years started rolling back...

'I DON'T WANT

TO LOOK 30 YET

In our exclusive interview, Sharon Osbourne tells us why, despite appearances, she's not obsessed with holding back the hands of time



She can't wait for the pitter-patter of tiny Osbourne feet

to the extent that it becomes a phobia, then I think it's great that you can change it.

Would you never say never to more surgery?

I'm quite happy right now with the way I look. I don't want to look 30 years old. I'm not 30. But who knows – tomorrow I could have an accident and need cosmetic surgery. You just never know.

Are you surprised that more people have gastric bands?

Well, I had mine 10 years ago and they are a great option, particularly if you've tried everything else.

You've made hearts for the British Heart Foundation. Do you celebrate Valentine's Day?

Ozzy and I always celebrate Valentine's Day. It's very important



Now 57 and looking frozen in time – don't go too far, Shaz!

AKS OLD!

to keep doing things like that in a marriage. I think when you ignore special days like that, it shows that the romance has gone out of your relationship. Even after being together for 30 years we still make the effort. We always do gifts and we always spend the evening together, whether we go out for dinner or stay in. Funnily enough, this year we're going to a party being held by a doctor friend of ours who's a heart surgeon. He throws a party every year to raise money for the Heart Foundation so it couldn't be more appropriate. Everyone should Go Red this year to help raise

awareness – we should all be a part of Red For Heart!

What prompted you to get involved with the British Heart Foundation?

Many years ago my father sold the offices he used to have on Gloucester Road in London to the British Heart Foundation. So when I used to drive past them I'd always think of the times I worked there. So the BHF has always had a special connection for me since my youth. It does an amazing job. It's a great cause. People forget the heart is the most important organ. The biggest



SHARON'S X FACTOR

Sharon always pulls out all the stops – and amazingly looks a stone lighter for her red-carpet moments



problem for the majority of people in the world is their hearts. Blocked arteries and heart attacks are so common.

What was the last movie to make you cry?

Oh gosh, that's easy. I'm always bloody tearful in movies. The one movie I didn't like is that one that everyone's going on about, *Abattoir*, or whatever it's called – *Avatar*! I just thought it was like *Dances With Wolves* but with blue people. It was just an adult fairy story where they all lived happily ever after. It's probably going to win all the Oscars, but if I had £200 million I could do a movie as good as that, although mine would be all gore, horror and sex (laughs)! Not really,

but I'd like to write a movie. That's one of the few things I haven't done that I'd love to do.

Would you like grandchildren?

I'd love to have grandchildren. That would make me very happy. It would kind of complete the circle of life for me. It definitely would.

GO RED LIKE SHARON FOR THE BRITISH HEART FOUNDATION

Heart disease is the UK's biggest killer, and this February you can join in with Sharon and other stars by going Red For Heart to raise awareness for The British Heart Foundation. National Wear Red Day is Friday 26 February so add a touch of red lippie or wear a favourite red item. For a fundraising kit, visit: www.bhf.org.uk/red or call 0845 241 0976.

