



100 Years Younger in 21 Days

Press Pack



All contents strictly embargoed for publication until Tuesday 20 February 2018



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"I want words with the cheeky bastard who thinks I look like an old age pensioner. OAP, I look like an OAP, do I?" Shaun Ryder

"I have smoked for 72 years and there are quite a few people who haven't lived that long." June Brown

In a brand new four-part series, eight well-loved and well-worn celebrities take part in a bold and unique experiment to find out if we really can stop the ageing process. Soap legend **June Brown**, actress **Claire King**, presenter **Roy Walker**, Eastenders stalwart **Sid Owen**, actress and presenter **Sherrie Hewson**, musician **Shaun Ryder**, astrologer **Russell Grant** and TV personality **Sandra Martin** are subjected to scientific testing to discover how well, or badly, they are ageing, inside and out.

Britain's leading longevity professor invites the group to Sardinia, home to one of the oldest populations in the world. They are asked to commit to a strict diet and exercise regime bespoke for their individual needs, which will push them to their limits, whilst undertaking cutting edge and extreme anti-ageing treatments including snail facials, coffee enemas and cow urine shampoos. After 21 days of intensive rejuvenation, the celebrities are assessed once again. Can they collectively lose 100 years from their face, body and brain ages, without going under the knife?

In episode one, the group arrive in Sardinia. The Rejuvenation Clinic might look idyllic but it's home to a brutal regime of diet, exercise and some decidedly unpleasant therapies. Three weeks earlier, the celebrities underwent exhaustive scientific testing at the University of Westminster to determine their face, body and brain ages. Professor Ian Philp, Britain's leading professor on longevity, delivers the results to the group and there are some nasty surprises in store.

To lose their target 100 years in just 21 days, the celebrities must comply with a strict regime. First they meet Thor, an experienced nutritionist, who bans smoking, drinking, sugar, bread, pasta and all starches. The group are put on a high protein, low carb and good fats diet with plenty of fish, eggs, cheese, coconut oil and cold pressed olive oil. Thor has laid down the law and the group are not impressed.

Russell says: *"We think that secretly she's a dominatrix and she walks all over you, that's what we think."*

Next up is an assessment with Real Madrid's former fitness coach assistant, Simone. A healthy adult should be able to manage 30 minutes of exercise a day but after just 12 minutes, Shaun is unable to continue. Two minutes later he is followed by Russell, with Sherrie close behind. While the celebrities struggle, June, the oldest of all eight, keeps going. The experts are impressed.

The group then head off to the spa for a very unusual treatment, a snail facial. Snail slime is a natural source of glycoprotein enzymes and collagen, which research has shown reduces wrinkling and skin damage. Roy is not impressed: *"It was not nice. The snails kept on falling off my face."*

Sherrie decides she needs something a little more intense and opts for facial threading where dissolvable plastic barbs are injected under the skin with hydrating vitamins and antioxidants, stimulating collagen production to tighten her face. The treatment is sore and afterwards she is red and swollen but delighted with the results. Sherrie says: *"My face age is exactly the same as my age. I don't want it to be my age, I want it to be younger."*

At the end of their first day the celebrities decide to defy the new rules and reward themselves with a drink from the bar. They are swiftly caught by Thor who is appalled at their lack of commitment: *"They're just diving into their old patterns so this is not going to work. Hopefully they'll just listen and obey me and my instructions."*

As the second day dawns, Shaun, Claire, Roy, Russell and Sandra discover that Thor has arranged for them to have a coffee enema. Everyone is nervous and Sandra flatly refuses to have the treatment. As the enema gets going, Roy says: *"Feels like a garden hose to tell you the truth. I'll never look at coffee in the same light again."*

Shaun says: *"Here we go. Oooh, Jesus!"*

June meets with Professor Philp to discuss how she can reduce her body age. She is significantly underweight and has smoked for 72 years. Professor Philp tries to convince her to give up the cigarettes to help with her weight gain and overall health but June resists: *"I could give it up if I really wanted to. I've done it before. But you've got to want to. I'm sorry because I know you are asking me this for my own good. But you can see the stubbornness sitting here before you and I'm very sorry to have to disappoint you."*

The next day it's time for an exercise session. Three of the group are excused with sick notes and Shaun is hoping to join them. Simone is very disappointed. Shaun's tests showed he has the body of a 75-year-old geriatric. Unless he can exercise, it will only get worse.

The group also take part in Laughter Therapy. Professor Ian explains that laughter exercises the cardiovascular system, lowers blood pressure, reduces stress, produces happy hormone in the brain and is good for the stomach. Shaun says: *"And then some more men in white coats will take us all away."*

June also shares her top tip with the group, Tibetan yoga. She even provides them with a demonstration. Professor Philp says: *"I think she's an amazing example of a 90-year-old person countering the myths of how an old person should be and shows how vital old people can be."*

Produced by Wall to Wall for ITV.

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Claire King

What appealed to you about taking part in 100 Years Younger in 21 Days?

"I was hoping it would give me a kick-start to get my fitness back on track. Also, I thought, 'I'm open to anything I will just embrace it, go along with it, try and learn something.'"

Was there anything in particular about your health, fitness or appearance that you were keen to address?

"Facially I didn't want anything doing, although I knew they were going to keep on the natural side and that suited me because I didn't want any invasive surgery or anything like that. I thought, anything they can help me with, great. The exercise was important to me, but because I've had arthritis for 25/30 years, I thought it could be a struggle for me. But there were 100 steps to get to our bedrooms and we all tried to do 10,000 steps a day. I thought I wouldn't be able to do the steps with my knees but I did it slowly and started manipulating my joints and it did actually help, it shows that exercise does actually help joints, as long as you don't push it."

Were you surprised by any of the measurements taken at the start?

"We had face, body and brain measurements done and I was gutted by my brain age, I think it was 73 at the start! I think for me that was down to stress. I care for parents, I'm one of those people who always puts everyone else first, I'm always dashing around, work, work, work and I tend to come down the list. And the experts told me that is something I've got to deal with, stress, because that will send alarm bells off."

How would you describe the process you went through during the 21 days?

"We didn't know exactly what the different experiments were going to be, I thought it might be a nice pedicure or something...wrong! Cow's urine shampoo! It smelt horrendous. It made my hair soft but completely unmanageable and a disgusting waft if you were near me. Snails on the face, assault courses, personal training with a lovely trainer, Simone. He was very good at working out the levels of everybody's fitness. Yoga, which I discovered out there, which was brilliant because I can't do gym work or weights because of my joints and my rheumatoid arthritis. So doing yoga is perfect because it's core work and stretching. I didn't realise how flexible I was and so it suited me perfectly and that's something I've taken away from it and I'm still using which is great. Also, we tried bread-making, pasta-making, learning Italian, which was really good and I enjoyed that, I've got an ear for languages which helped."

Which treatment did you find the most effective?

"The flotation tank was good and I had a very nice facial at the end. I'm not one for pampering or looking after myself so that was really nice. To be honest I really enjoyed all of it, even the detox, we had juices for three or four days, which I think I found easier than some of the others, although I did miss the mastication of food and the flavour of food. I missed sitting

down and enjoying food with a glass of wine, because of course we weren't supposed to drink. I'm a bit of a foodie and I like cooking so I missed that. But we were getting enough vitamins and staying healthy. Then we went hiking after the juice detox up this incredible mountain. At the top we got this magnificent spread laid-on by mountain-top goat-herders and it was absolutely superb. That was one of the best nights because you come out of your fast and then stuff your face! There was a lot to take out of the whole process."

Which treatment did you enjoy the least?

"Possibly the colonic irrigation and the coffee enema, which was...messy! It wasn't the best thing when you've got cameras there but you did feel better, straight after that we went into the detox so it flushed all the evils out and you did feel better for that reason. If you haven't tried it, you can't knock it, so I gave it a go!"

What was your personal highlight from taking part?

"I enjoyed the hiking and suddenly realised that I'm much fitter than I thought. But my ultimate highlight was the mountain feast, it was absolutely gorgeous! They roasted a goat, had some sliced meats and salami, olives. It just was all so good, and made even better because we'd been on the detox. And the welcome they gave us, it was wonderful. Just to escape the retreat environment and get some fresh air and countryside, that day was the pinnacle for me, definitely."

Did the group all get on well? Any other special friendships or fall-outs?!

"I already knew Sherrie pretty well. Roy Walker I got on very well with, we were a bit of a team, also with Shaun and Sid. We all got on very well, we became a good little gang so that was nice."

What was Sardinia like? Can you understand why the surroundings seem to result in healthier lifestyles, the blue zone etc?

"It's just the way of life. I'd known about blue zones before and Sardinia, I understand, because it is so mountainous and there is not a huge population, it's just mountains and goats. It's basically just the goat herders and the villagers and they have to walk miles and are very active. Also the diet, which mainly includes goats cheese, curd, mutton, bits of meat but mainly cheese, bread and red wine. Whatever they can grow and make for themselves, so everything is fresh. Also, having that family life and everybody looks after each other. And they still work, even into their 80s and 90s and it gives them a sense of purpose rather than just retiring, which seems to be when people start withering because they are not using their brain or their hands. There's various elements that all contribute to the fact it's a blue zone."

Has the experience given you a different outlook to your health and lifestyle? Have you made any permanent changes as a result?

"Two or three of the professionals there told me that stress is my element that I've got to focus on, and to just look after myself. It kick-started my fitness routine. The yoga is an important factor to me now. Also, just to see the way the people live in the blue zone, a simple life. I think we get bogged down by first world problems and social media, particularly in our business. Sometimes we just have to take a step back, and think a bit more simply. I've got to look after my health, I rattle the amount of pills I take! So I think I'm going to take a bit of time off and do a bit of travelling, see the world and just enjoy it."



June Brown

What appealed to you about taking part in 100 Years Younger in 21 Days?

"I hoped to get more stamina. I was underweight and I wanted to put on weight and get more stamina and feel stronger. Just feel better about myself really."

Was there anything in particular about your health, fitness or appearance that you were keen to address?

"My weight really. I should be 8 stone 6 but for several years I haven't been because of different circumstances - losing my sight, travelling to lots of medical appointments at times meaning I missed meals and so on. I don't have three meals a day, which I must do. So I was down to 6 stone 10."

"I've always been fit. Fortunately, I've never had a serious illness. I've never broken a bone, I've never had an operation, except my tonsils out when I was 18! I've always been active, although I might have been tired in the past, I mean I had five children and I used to work. I was at home a lot with the children or I would take my babies to work with me sometimes and have them in the dressing room, feed them and then take them home on the train. I've always been very fit, and we always had very good food, even though there was the war and everything, we had real food, proper, local food. It wasn't all brought over on ships and ripened by carbon dioxide, it was ripened by the sun. No additives. So even though we had rationing, you didn't see a lot of fat people about for a start. Everyone seems to have asthma or diabetes now. I think it is all this so-called junk food, people don't realise the additives and the preservatives. I have always tried to have a good diet ever since then. I don't mix carbohydrates and protein at the same meal."

Did you consider giving up smoking?

"No, I did not want to put another burden on myself. My sight is bad now so life can be difficult for me not being able to see clearly. I can't see books so I can only read on a Kindle. I'm a great reader so I have two pleasures in life, reading my Kindle to relax and smoking. So I didn't want to get rid of one of only two pleasures I've got! I've given up smoking before, when I was 38, for vanity reasons because I read that it makes your skin turn yellow. So I threw a packet of cigarettes in the fire and I didn't smoke for a year. But you've got to have the mental attitude to do that and I don't want to now. But I didn't smoke as much during filming as I normally would do, because one was doing things, if you've got things to do with your hands or doing exercises or being in the swimming pool it's different. I'm a good swimmer. When we got there I could swim eight strokes with my face in the water without taking a breath."

How would you describe the process you went through during the 21 days?

"We joked it was like Alcatraz! We were only let out one day each week! We had a lot of laughs. It was fun in many ways, we got on very well, there was no competition between

anyone. Everybody wanted to improve themselves in one way or another so it was enjoyable in that respect. We laughed a lot. We were a very nice group, everybody was very protective and helpful with one another. Russell was a great one for sticking to his diet and exercising. He did awfully well."

"I enjoyed being away. We tried learning Italian, but that was difficult because I struggled to see the pictures being held up. But Sherrie and I laughed a lot doing that so it was great fun."

"I was getting on fine the first eight or nine days but then I hurt my back a bit when stretching, which was unfortunate for me because it meant I couldn't do a lot of the things like exercises and treatments that I would have done. If you've always been very fit all of your life and then suddenly you're not, you get very cross, because you think, 'Well what's happened?' We wore watches to show what our resting heart rate was and how many steps we'd taken over the day. I struggled with the steps so I kept saying to Sid, put your watch on me for one day so I can have some of your steps! My resting heart rate was 60 which I thought was very good."

Which treatment did you find the most effective?

"I enjoyed the flotation. You lay in a square pool, two of us at a time, not like a flotation thing that you do at a health farm, which is like a bathtub and you float on the bottom of it, this was an Icelandic treatment. We were supported by noodles, those funny things you use to help you swim, they were made into a cradle which you lay on. Sid was in with me and we were in there together for about an hour. It was a lovely rest and a lovely feeling. I enjoyed it."

Which treatment did you enjoy the least? Anything you refused to do?

"I didn't have any of the face peels, thank god. The facial doctor said to me, "I wouldn't do anything to your face". So that was very nice of him. Unless he just felt it was past repair! I did the weeing facial, to put the wee on a flannel and wipe it over your face, I said that we should have had a funnel to get enough onto the flannel! Claire and I were in fits of laughter about it. I think I'm much better off with my intense face cream."

What was Sardinia like? Can you understand why the surroundings seem to result in longer life expectancy - the blue zone etc?

"It was very isolated, we weren't near any big towns. I went up the mountain and there was such a wonderful community up there. I didn't even see any cars. People were walking about and everybody seemed to know everybody. I didn't even see any shops! They are not governed by our sort of society. They live in a more simple society and I think that's the key."



Shaun Ryder

What appealed to you about taking part in 100 Years Younger in 21 Days?

"Well really what it was, I'd already sort of made a lifestyle change. I became a pescatarian and I stopped sugar, salt and bread. I cut out pasta. Then I started on all the multi vitamins and stuff like that. So I'd pretty much made that lifestyle change and because I was on a similar track, I thought, "Well I'll try and learn a bit more", so that's why I signed up for it."

Was there anything in particular about your health, fitness or appearance that you were keen to address?

"Well, basically, I don't produce any testosterone and I don't have a thyroid. When you have no thyroid your immune system starts shutting down and all sorts of other complications crop up because of that, so that's why I had to change drastically what I was doing. "

How would you describe the process you went through during the 21 days?

"I knew there was going to be a bit of exercise in it, which was great but my problem was that I'm already being treated by someone. And I'm almost on the floor, so I was told not to do any exercise. I've got a really bad leg, a really bad back and I've got a growth in my testicle which is like having toothache in your nuts. So all of the exercise really hurt. I joined in as much as possible but I obviously had to follow that advice and couldn't push myself. I did the meditation and that was great. I joined in on the yoga. Let's say it's all new to me. I had the treatments. Also, I got to make the bread, but the thing is I can't eat bread because it bloats my stomach out. But I met the locals, this group of 10 bread-making older women, all battling with each other to show who was demonstrating the bread. They were funny."

Which treatment did you find the most effective?

"I had the laser treatments, three on my face, to get rid of the veins, around my nose and my cheeks. I'm going to continue that. I really need six of them, so when I'm in London I'm going to get them finished off. It wasn't too painful, it was quite easy really, they basically burn your face with the laser and take the veins out. It's sort of like having a mini tattoo I suppose. Also, we went in the goat's milk, that was really good. A group of us all sat in goat's milk. It was warm, it was quite a pleasant experience really."

Which treatment did you enjoy the least?

"We washed our hair in cow piss. And we washed our faces in our own urine. Using piss to wash your face. I won't be doing it at home. I'll leave that over there. I won't be carrying on with that."

What was your personal highlight from taking part?

"It was all good, I enjoyed it. Climbing mountains, loved that. Went in the cave in the boat, that was all great."

Did the group all get on well? Any special friendships or fall-outs?!

“Oh the group of people were brilliant. Really, really good. I mean, that was one of the great things about it. I’ve stayed in touch with quite a few of them. It was the people that made it. I hadn’t met any of them before except for Russell. In the 1980s it was Russell Grant’s first book, and I actually stole it from WHSmith’s and on the cover it said, ‘Hold onto your hats this is the book that you’ve been waiting for, the book that tells you everything’. Well I basically took all that off the back of it and turned it into a song. He didn’t ask for royalties.”

Has the experience given you a different outlook to your health and lifestyle? Have you made any permanent changes as a result?

“Yeah with the Mediterranean diet and everything. And I’m introducing the exercise slowly, I’ve just got to take it really careful. Getting back to swimming and riding slowly. It was a great experience, I loved it. It was more of the journey that I’m already on and it confirmed that I was doing the right things. I’m definitely starting to look better.”



Sherrie Hewson

What appealed to you about taking part in 100 Years Younger in 21 Days?

"I thought it sounded like a really good idea, learning about face age, body age and brain age. When we got there, we had no idea what to expect. We are all worried about age and about ageing and we would all like to know how to do that well. I thought maybe scientifically it would explain why certain people age more than others. I find that fascinating anyway because I have a major problem with getting older. I hoped to find out things which would help me."

Was there anything in particular about your health, fitness or appearance that you were keen to address?

"It was a bit of everything. Obviously my big thing, and I don't want to trivialise this, is getting older. We all have to do that. There is nothing surer in life than that. But it is a major issue for me personally. I thought maybe to soften my fears a little I would learn more about whether my skin or body was ageing too quickly, also my brain. I already do crosswords and everything I can to make my brain work, every day, if I'm not learning scripts, which I am constantly doing so that's good. When we were out there we were learning Italian and that's now made me sign-on to learn Spanish. You'd think that after seven years filming in Benidorm I would speak Spanish, but that's pure laziness. So I've now signed-on. I think learning a language is one of the best things to juggle your brain about."

How would you describe the process you went through during the 21 days?

"It would take me a year to do that! It was quite shocking, I expected it to be a spa but when we got there it was more like a bootcamp, which was a shock! The terrain was shocking. We had to walk up 100 steps from where we slept just to get to where they served breakfast. The spa itself was very beautiful and in an area where animals run free. We had lots of different treatments. I didn't do this but people washed their hair in cow pee. They had snails walking over their face and leave that silver drizzle, which is apparently a moisturizer. You had to put your own wee into a bottle and then wash your face with it but I didn't do that because I was off doing other things, more emotionally and spiritually based."

Which treatment did you find the most effective?

"I had mini threads inserted into my face. It was quite painful but I was willing to try it because it interested me. I don't believe it worked for me because I think I've passed the age where I have a lot of collagen or elasticity in my skin. I tend to look at things logically, which is also why meditation is difficult for me. But finding peace is probably a very good thing for somebody like me. I had a meditation day with Russell, a mindful day with Russell and an angel meditation day with Russell. So I was off doing all these other things by the sea, on top of a mountain. That was good for me. I missed all the dreadful things, like the colonic

irrigation, which I would have refused to do. We also did a four-day juicing thing, but I just couldn't do it!"

What was your personal highlight from taking part?

"Meeting Shaun Ryder from The Happy Mondays, who I totally fell in love with! I'd never met him before and I didn't even know the Happy Mondays. I've never been in love since the 1800s but I totally, properly fell in love with him! He was one of the funniest, sweetest, kindest men ever. So that in itself was a reason to do the series! The joy of meeting Shaun Ryder. We now keep in contact all the time."

Did the group all get on well? Any other special friendships or fall-outs?!

"I have to say, because we weren't supposed to have alcohol, which we hadn't realised beforehand, we had to steal, beg or borrow alcohol. We had to escape and get some and that kind of gave us camaraderie. Although Russell doesn't drink and June's situation was different because she was there to put on weight, so she was allowed food and alcohol. But the rest of gathered in Shaun's room at night when we thought everyone was in bed and drank red wine. It was like being at boarding school. But we did get caught and they were very cross with us. We realised we better pull our socks up a bit."

What was Sardinia like? Can you understand why the surroundings seem to result in healthier lifestyles, the blue zone etc?

"The scenery was beautiful, in terms of the mountains, the sea, the air and the sun, a lot of vitamin D. I get that. I think it's about the air."

Has the experience given you a different outlook to your health and lifestyle? Have you made any permanent changes as a result?

"I've looked at my eating habits, I've looked at the fact that I should walk more. Also with the meditation, which was the nicest thing, I should learn to forget the past and relax more, and maybe that would help my ageing process."



Sid Owen

What appealed to you about taking part in 100 Years Younger in 21 Days?

"I've always done things to excess like partying and going out but I've also tried give a bit back by detoxing, exercising and looking after my body. So for me it was a no brainer and an opportunity that I didn't really want to miss. I'm always willing to learn more about health and what goes on with the body, so it was just intriguing to me. It's important to find out what's going on. Things might be alright on the outside but we need to know what's going on inside too."

Was there anything in particular about your health, fitness or appearance that you were keen to address?

"I really wanted to get my fitness up and learn more about diet and how it affects your body. As you get older, you get a bit more fat round your gut. It was a wake-up call really. I wanted a bit of everything and to learn to respect my body more."

How would you describe the process you went through during the 21 days?

"The first week, our emotions were all over the place. There was the whole excitement and the anxiousness of meeting everyone. And then getting our test results back. The first few days we were just settling in but after that we started on the diet. Once you start to drain your body of all the salt, sugar, starch and carbs it's almost like having withdrawals. I definitely felt a little bit up and down in myself but I understood that if you're going through any sort of transition, then it's going to affect you. It took about a week to get those toxins out of my body and get into the flow. After that I acclimatised and started sleeping better. I started embracing it and it was great."

Were you nervous beforehand? What did your family or friends think about you taking part?

"I was very nervous. But when something that makes me nervous, it makes me want to do it more. I had an idea of what would be happening but we didn't know exactly what was on the cards. I was nervous about having all the tests done and getting the results. I don't go to the doctors unless it's for a job, as I don't really get ill. Men in general don't do it enough. So it's a little wake up call to men getting into their forties to be a bit more proactive. Every single person I told was like, 'Can I come?' So for me it was like, 'Of course I want to do this.'"

Which treatment or activity did you find the most effective?

"All the exercise changed my body and my posture. I really noticed it when I got home and was back in my normal environment. I got back and went out on the weekend and thought, 'Wow I've got no love handles.' I just felt that I had so much energy it was unbelievable."

Which treatment did you enjoy the least? Anything you refused to do?

“There wasn’t anything I refused to do but I did have a treatment where they stuck threads into my face and it wasn’t enjoyable at all. It really hurt and it was painful afterwards too. They said we might get down sometimes during in the process and you really do. Sometimes you look at yourself and think, ‘What am I doing? Is this ever going to go back to normal?’”

What was your personal highlight from taking part?

“We went trekking up to a goat headers place and had a little feast on the top of a mountain. We all set off as a team and we’d been detoxing for 3 or 4 days just juicing. But that night we could eat. We had this long trek up and there were a few hairy moments, it was no walk in the park. But everyone got through it together and some of the people who were on the walk were people I’d never have thought would even make it.

We got to this idyllic place which was almost like being in a movie. It was this little magical place on top of the mountain. It was very basic and you could see that people would have been doing what we were doing for hundreds of years, just eating stuff from the land. It was magnificent and there was an amazing view as well. “

What was the most challenging aspect of the process for you personally? Any emotional moments?

“No, I didn’t find that anything made me feel that emotional. Some of the process was tough but I didn’t get emotional.”

Did the group all get on well? Any special friendships or fall-outs?!

“We all got on. A lot of us are teamwork based in our jobs and we’re all different ages so everyone was really supportive of each other. I probably bonded the most with Shaun because he’s closer to my age and he’s just like me, a naughty little boy. But everyone was lovely, everyone got on really well.”

What was Sardinia like? Can you understand why the surroundings seem to result in longer life expectancy - the blue zone etc?

“I really noticed it when I got home actually. The pollution here is so bad. You feel completely different out there, clean and clear-headed. When I came back to London I really noticed the difference. I loved Sardinia, it was a stunning location. There were a lot of steps up to the hotel and at first I thought, ‘Oh my god, these steps’. But after a while I didn’t even notice them and just bounced up them. The whole place was almost perfect.”

Has the experience given you a different outlook to your own health/lifestyle? Have you made any permanent changes as a result?

“Absolutely, it has. Before I went there, I was always open-minded and I’ve always been conscious of what I eat. In the last 6 months I became mostly veggie. I still eat a bit of fish but that’s it. And sometimes I try vegan stuff as well. After being there I’m even more aware. If I eat some chocolate I’m more aware of what I’m eating and that it needs to be a treat. I’ve always liked the gym but being on the programme has just made me stop and check myself. It’s reminded me that I need to look after myself and do things in moderation, which is the biggest lesson that I’ve needed to learn.”



Russell Grant

What appealed to you about taking part in 100 Years Younger in 21 Days?

"Well, it was the health aspect really. Over the years I've had a lot of health problems. The way it was described to me sounded very interesting, I liked the concept of it being an experiment - being a guinea pig appealed to me! I was intrigued. Being an Aquarian, I love to do things that are innovative, different and experimental. Try something once before you knock it! But I'm 66 now so I knew it would be a real challenge."

Was there anything in particular about your health, fitness or appearance that you were keen to address?

"I've struggled in recent years with my health. I go to the gym and have a great trainer and my family bought me a fitbit so I do my 10,000 steps every day. But I have torn cartilage in my left knee and am about to have knee surgery. It can be very painful and I can barely bend it. But I really wanted to go ahead with the series because it was a health experiment. And despite the bad knee, I learned how to swim and I walked up a mountain. The only thing I found very difficult was steps. But I carried on!"

How would you describe the process you went through during the 21 days?

"We did everything imaginable and everything possible and some things that were impossible! We were set individual challenges and mine was to learn to swim. I had never swum. The wonderful trainer Simone knew it would be difficult for me to do a lot of the other exercise because of my knee, it had to be low impact. Getting up at 6am every morning and being in the freezing cold pool at 7am every morning was a test in many ways. Even the medic said to me, "I don't know how you do this cold water." But I don't mind the cold! It was also really dark at that time of the morning. At one point I mistook a goat for Ian, my swimming coach! I started off with noodles for buoyancy and gradually went down and eventually swam two or three widths without any noodles at all. I had to learn breaststroke arms but with flipper/front crawl legs, because of my knee, which was a bit like tapping your head and rubbing your belly. But I did it and I was really thrilled. Since getting back I've swum twice, a little bit more each time. I've kept that up."

Were you surprised by any of the measurements taken at the start?

"I was a carer for my Grandmother and she had dementia and since losing her I've become a dementia and Alzheimer's campaigner. The dread I have is that I get dementia myself. I got very emotional on the very first day filming, in a good way, when we did the bio-markers because my brain age is only 52 years old, and I'm 66. The one thing I wanted more than anything was a good brain age, more so than my physical age, which was a disaster! I lost over half a stone during filming too so that went very well."

Which treatment did you find the most effective?

"I did a lot of meditation and ended up helping Sherrie with some meditation sessions because I have done a book about mindfulness, I adore Sherrie and she did really well with the meditation and I was really pleased to help."

What was your personal highlight from taking part?

"It was a big physical challenge for all of us. I walked up a mountainside, Roy Walker on one side and Ian on the other, on a rocky path, helping me. We climbed to the top and I never gave up, I did it. They had a car waiting for me a few yards in, but I never took it. I didn't stop, I carried on. It was the hottest day of filming so I needed lots of stops but I did it and that was thrilling. All of the days when we left the retreat and went out into the community were highlights. Sandra and I visited a church together and that was wonderful. My other favourite day was going out on the boat. I struggled down this ladder to get onto this little rubber dingy so that I could get into the grotto and that was magnificent. There were some amazing days. I overcame challenges that I never thought I would do or be able to do. I have no regrets about doing any of it."

Did the group all get on well? Any special friendships or fall-outs?!

"One of the big joys I had was meeting Sandra. We got on extremely well. She supported me and I supported her. We were both born on February 5th which was fascinating. I love that girl. In fact, my personal highlight really was being with this bunch of celebrities and all of us got on extremely well. I've known Sherrie for years, Claire and I worked together in the 1990s, wonderful Shaun who I adore wrote a song about me called Russell in the 1980s with The Happy Mondays, Sid I'd never met before but we got on like a house on fire. Roy and I used to be neighbours. Darling June, the loveliest person, we've kept in touch. The bunch of people were just diamonds. One of the key things in the Sardinian lifestyle is that you support each other like a community and we absolutely saw each other through it. There was so much laughter."



Sandra Martin

What appealed to you about taking part in 100 Years Younger in 21 Days?

"The main thing for me was to live healthy, because I've been living on takeaways for years, all through Gogglebox and long before that. I'm a takeaway girl. I don't cook. But now, after I met the doctor and learnt about the nutrition, I know how to maintain it...to eat healthy. My skin feels nice, and a bit of exercise. So I learnt a lot from it and it's helped me."

Was there anything in particular about your health, fitness or appearance that you were keen to address?

"Yes – my belly! My stomach. What they said was, "It's not going to go down overnight". It's about what I'm eating and exercising, walking...daily exercise."

How would you describe the process you went through during the 21 days?

"So much happened in that 21 days, you know? I had snails crawling over my face and bathed in goat's milk. We went on a boat in the ocean, although I was too scared to go into a cave in the rubber dingy. I really enjoyed the experiment and meeting the other seven celebrities. I enjoyed the break, the food and the detoxing. I've learnt to exercise and how to look after myself. It's done me some good at the end of the day."

Were you nervous beforehand? What did your family or friends think about you taking part?

"I only told my children, and Sandi (Bogle) knew. I was just so excited."

Which treatment did you find the most effective?

"My skin has got better you know! Una's treatments for my face were great. What I'm using now for my face is the real Italian olive oil. I've got it here now, in a little bottle. I'm not using any other creams any more, or my urine on my face which we did try! I'm using olive oil. I've got pigmentation. I do daily selfies to my fans and now, I look in the mirror and I can see some of the pigmentation gone, the dark part. I know it's the olive oil. It's the number one. Instead of all those chemicals."

Which treatment did you enjoy the least?

"None! I liked everything, I tried everything, I loved it all. It became a joke to the others because everything I done in that 21 days, it was the time of my life. I loved it. There was a swimming pool full of goats milk you know, and all eight of us were in there. Oh my god, I thought it was the best time of my life. I climbed a mountain! They all asked me, is this the best time of your life Sandra?! That's all I kept saying about everything I did! I would do it all again! I was the one getting up at 7am every morning and getting into a cold pool with Russell Grant every day. I can't swim but Russell wanted to learn, so I went in the pool with him every

morning. I loved every moment of it! Oh my god, I just can't wait to see it. I've even kept my tracksuit bottoms and top from filming!"

Did you bond with the other celebrities?

"I was with seven top celebrities. We had a laugh. I was with June Brown! Me! I got on with everyone. We all bonded hard man. And we did so well between us. Everyone's busy, you know, but Russell and I have kept in touch. We've been chatting on WhatsApp."

What was your personal highlight from taking part?

"The mountain climbing. I was s***ing myself, proper. Amanda had to hold on to me. It was proper mountain climbing! I said to her, "If I go down, you're coming down with me". It was beautiful, I got a bit emotional up that mountain. Our ear drums were going funny. There was people up in the mountain cooking fresh goat. It was dark and it was amazing. We saw the stars! It was like being on the top of The Shard in London!"

What was Sardinia like? Can you understand why the climate seems to result in healthier lifestyles, the blue zone etc?

"It was beautiful. I loved it there. If I had another chance I would go back there again. The people I met up that mountain! Everybody recognized me in the town!"

What can viewers expect to see when they tune in?

"Everyone's gonna be shocked. I think I will be the last person people will expect to see with the other celebrities. I hope everyone enjoys it, seeing what I went through. I did every single thing I was told. I'm not showing off, but I was the best pupil! I done it for myself, it was a lovely challenge, I wanted to do it, my kids are proud of me."



Roy Walker

What appealed to you about taking part in 100 Years Younger in 21 Days?

"The crazy thing about it was that I would have paid to go. I was looking at places like that, because at my age, 77, I was thinking, 'How fit am I? How well am I?' So when this came up I jumped at it. People tell me, 'You look well', so I lie about my age and say, 'Not bad for 67?' and they say, 'Get away!' So I wanted to find out just how well I really was."

How would you describe the process you went through during the 21 days?

"Well it was never boring! We all gelled well together, everyone who was there, I really liked them all and we never stopped laughing. The crew were amazing getting us through all these things. We had a great fitness coach and quite a scary nutritionist. It was so exciting the whole adventure, and it was an adventure. It was great to be in Sardinia, it was a great place."

Which treatment did you enjoy the least? Anything you refused to do?

"The snail facials, that was odd. I didn't know that I'm vain, although an ex-girlfriend of mine used to say to me, 'You're so vain when you go to the toilet in the middle of the night you comb your hair'! Others had laser treatment on their faces but I was pleased because I didn't need it. I'm not too sure about swimming in goat's milk but we gave it a go, it was a good laugh. All the treatments were beneficial and the weather was gorgeous. We entered into it all."

What was your personal highlight from taking part?

"The high for me was when we climbed the mountain. It was teamwork so I stayed with Russell, who is not a mountain climber but we've known each other for years. I stayed with him, even though I was bursting to get up the front and compete with Sid! He was the fittest of all, but he's half my age. But the excitement of getting up to the top that Russell showed, it was worth it. When we got there, it was almost like being in a biblical setting. The goat shepherd's farm, we sat down under the olive trees, almost at twilight. This whole family brought a spread of food and wine that they'd cooked. Cheeses, olives, parma ham, a big barbecue for us, it was amazing. Then it got dark and we left in the dark. We were so exhilarated by the hospitality of this farmer."

What was the most challenging aspect of the process for you personally?

"I got injured paddle-boarding unfortunately, although I'm a bit of a daredevil, the board is tied to your ankle which is surfing really, I threw the board on to a wave which took the board out but the wave also took the sand from underneath my feet, so I fell on my backside. Then the next bigger wave brought the board aiming like a torpedo, straight back at me, so it hit me on the shin and burst my leg open, and that was me out of all the physical stuff after that. But I'm glad to say I'm 100% better now."

What was Sardinia like? Can you understand why the surroundings seem to result in longer life expectancy - the blue zone etc?

"One of my favourite jokes used to be about Ireland. You ask a man who reached 100 years old, 'To what do you contribute your long life?' and he says, 'Ah it's the weather in Ireland'. You ask, 'Is it good for you?' He says, 'No, it would put years on you!' So it's the weather in Sardinia. It's a wonderful place, I can't tell you. You get up in the morning and you feel great. You've no idea! Our breakfast views, it was like a James Bond movie. Beautiful."

Has the experience given you a different outlook to your own health/lifestyle? Have you made any permanent changes as a result?

"I've kept up my fitness, I was amazed how fit they got me. If you can imagine a nine-storey building, that was the walk from our cottages to the dining hall. It was 77 steps and the last 20 of them were like a ladder. We had to stop at least three times to get our breath back and even the young fellas in the crew were the same. But we had to do it three times a day so little did we know how fit we were getting. I made a task for myself that I would try and run up the 77 steps by the end. I had 10 steps at the back of my little cottage so I practiced there, running up and down each morning, so I got fitter and fitter. And I did it! In 21 seconds. They were all amazed. Sherrie said to me, 'It's the ambience of the whole place, that's what it is, you've come on so much in two and a half weeks'.

MEET THE EXPERTS



Professor Ian Philp CBE – Heading the Experiment

Professor Philp has spent over 30 years working for the NHS in older people's care as a doctor, educator and policy-maker and has received a CBE for his services. His roles have ranged from "Tsar" for Older People in the Department of Health to Professor of Global Ageing at the University of Stirling in his native Scotland. He established the Sheffield Institute for Studies on Ageing and is an Adviser to the World Health Organisation on promoting healthy ageing. He gave his NHS work up recently to run the social enterprise 'Easy Care Academy' – promoting healthy ageing in 30 countries across the World.



Thorbjorg Hafsteinsdottir (Thor) – Nutritionist

Thorbjörg Hafsteinsdóttir is the author of *10 Years Younger in 10 Weeks*, the best-selling book that has taken women by storm in Denmark, Norway, Sweden, Finland, and Iceland. Originally trained as a nurse, Thorbjorg has additional qualifications in functional medicine and 23 years' experience in nutrition. She specialises in sugar addiction, obesity, diabetes, women's diseases, and anti-ageing. For more than 20 years she has been a popular lecturer for numerous large enterprises, including the Icelandic government and Copenhagen's city authority, and she has done TV in Denmark and Iceland.



Simone Ripamonti – Fitness Trainer

Simone was born in Sardinia in 1983. He is a qualified sports scientist and fitness coach who has spent most of his career working for some of the most prestigious football clubs in the world including Real Madrid. Whilst at Real Madrid he worked as part of their injury prevention team looking after some of the most famous footballers in the world including Raul, Van Nistelrooy and Sergio Ramos. In 2015 he returned to his native Sardinia to enjoy the phenomenal quality of life – eating well, exercising well and being out on the water paddleboarding. He has two businesses in Sardinia: The Sardegna Sport Lab and Top Training.



Dr Sunil Chopra BSc, MBBs, MRCP – Skin Expert

Dr Sunil Chopra is a member of the British Association of Dermatology. He is fully accredited and is registered with the General Medical Council. His specialist interests include skin cancer, scalp problems, pigmentation problems, acne scarring and rosacea. Dr Chopra's undergraduate training was at University College London and he did his postgraduate medical training at University College London and Chase Farms Hospital. He also did one year's training in chest medicine at Addenbrooke's Hospital in Cambridge. Dr Chopra spent two years carrying out full time research on the blood and nerve supply of skin, two years working at University College London, two years at Hammersmith & Ealing Hospitals and two years at Bart's & The London Hospital.

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