

Meghan Markle LOVES MY STYLE!

Fresh from her latest TV project as money-saving queen on Channel 5's *Shop Smart: Save Money*, Gaby Roslin chats family, the power of positivity and impressing a duchess with her eye for a bargain

Gaby, 54, lives in London with her husband, David, a publisher, and her two daughters, Libbi-Jack, 17, and Amelie, 12.

FAMILY COMES FIRST

I want to pass on to my daughters the same thing my parents said to me, which was, 'Follow your dreams, always.' Amelie and LJ have taught me not to fret the small stuff. I'm definitely less worried about things since they appeared.

Being on TV, you get used to being recognised everywhere. Sometimes when I'm with my kids, they don't like it because I'll be out as their mummy. But they're also used to it, so they understand.

I was a workaholic before I became a mum because I never stopped, but I loved it. Now I have a husband and two children and they're a part of it. When I'm talking to someone, the kids always joke, 'Oh don't listen to her, television is her first love. She'll say we're important, but TV is.' I'll go, 'No you really are very important but so is television!' I've known I wanted to work in TV since I was three but my family definitely makes

me happiest. That, followed by live TV. It's quite something to be living your childhood dream!

KEEPING ON MY TOES

I absolutely love walking. On average, I walk five to seven miles a day. I love it. My husband bought me a Fitbit about three years ago and that made me realise I wasn't doing enough walking. You can become quite addicted to it, and the fresh air. But I think it's quite a nice thing to be obsessed with.

If I run out of time, I walk to the furthest point I can before I get my car to pick up the kids. Weirdly, I'm on time more often because you don't know with driving or public transport how long a journey is going to take you.

I go to the gym three or four times a week. I do a bit of cardio and a bit of TRX (suspension training), and then I do weights, a few machines, followed by a 10-minute HIIT session at the end for stomach and legs.

I would say I'm hugely body comfortable and confident, but I do believe that enjoying life and being

confident helps hugely. But working out and walking everywhere all helps.

MY LIFE IN FASHION

I love fashion. I think Instagram has made it okay to come out as a fan of fashion. For years, I've always gone on about it, and people go, 'Shh!' Now, I'm loud and proud about it.

Shopping in Your Wardrobe (Gaby encourages people on her Instagram to open their wardrobe and pair something old with something new) came about after seeing people posting pictures on Instagram of the latest thing to buy. I thought, one, 'Where did they get the money?' and two, 'I'm anti-disposable fashion because of the environmental impact.' So I took out a shirt from the back of my wardrobe and sang a silly song, 'Shopping in your wardrobe!' but it got such a big pick up and my youngest, Amelie, who films my Instagram videos, encouraged me to do it again. It has just grown and grown and I would say, almost every day, somebody sings it to me.

Meghan Markle complimented me on an outfit I'd put together. I work with Prince Harry for the WellChild Awards, →

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and at the ceremony last September, I wore an outfit I bought in Italy for €40. It was two dresses I put together, which were such a bargain, and Meghan said, 'I love what you're wearing!' She's fabulous. So all these people were there wearing all the high-end designer stuff and I was in my €40 outfit.

I've always been into high-street fashion. It's very nice to be lent designer clothes, but you do feel like Cinderella because at the end you have to give them back. In truth, I couldn't live without my jeans. I live in them and always have. I dress them up, dress them down – Jeans, lip gloss and mascara, and I'm happy!

Gaby's €40 outfit that was a hit with the Duchess of Sussex

As a teenager, I worked in ladies' fashion in John Lewis, Selfridges and Harrods, which I hated and I only worked there for two weeks. I was also an assistant manager for David and Elizabeth Emanuel, who designed Princess Diana's wedding dress. Yet I only ever wanted to be a TV presenter and I'm as passionate about it today as I have always been.

I've had tons of fashion disasters. Neon cycling shorts with an neon orange bum bag, that was pretty shocking. There was a pale blue rustle trouser suit, double-breasted. Ghastly! But you can't be embarrassed. I've given a few bits to the charity shop that I've missed, like a pair of Gucci velvet hipster flares that I yearn for, and one day I'll have them remade. To this day, I wish I hadn't given them away.

MY SCREEN DREAMS

Last October was my 32-year anniversary of working in television, and I'd like to be doing live TV every single day again. I've also loved doing *Shop Smart: Save Money* with Fiona Phillips, which is coming back for a third



Previous page: Gaby wears Direct. Outfit made at H&M. Evening: Self selected. Ring: H&M. Shoes: H&M. Hair: H&M. This page: Gaby wears Jumpsoc. Photo: Collections. Photo: Estelle/Artwork. Evening and bracelet: Self selected. Harrods. Downer & Hill. Harrods. Downer & Hill. Office