

BEACH BABE - Kerry Katona goes topless and dons thong bikini as she soaks up the sun in Mykonos

21/06/2019 14:47 by admin

Kerry Katona went topless on the beach in a thong bikini as she soaked up the sun in Mykonos. The 38-year-old confidently showed off her body as she soaked up the sun overseas.

Kerry Katona bared her breasts on the beach

She displayed her enormous tattoo on her back as she got herself set up on a sun lounger.

Kerry also flashed her bum in a bright pink thong bikini as she walked down the beach.

The former Atomic Kitten singer recently admitted she has put some weight back on - but insisted she's happy in her own skin.

Sharing a snap of her pulling at her stomach, Kerry said: "So some pics have popped up online of me!!!

The 38-year-old pushed up her boobs as she showed off her incredible body

"Yes I have put some weight on but am happy!! Iâ€™m proud of my body!! I might not look sexy but I felt it!!

"The main thing is my head is in the best place itâ€™s been in years and thatâ€™s what matters!!"

Despite this, Kerry has been spending time at an intense fitness retreat on the island.

The mum-of-four has admitted to being a yo yo dieter over the years.

She was seen relaxing on the beach in Mykonos

But her stint in the boot camp isn't just for her physical health - but her mental health too.

Kerry says she has had her "ups and downs", but decided to go on the fitness retreat to keep her healthy lifestyle on track and maintain a positive state of mind.

Kerry admitted gaining weight recently but insists she's happy in her own skin

She showed off her impressive bum in a thong bikini

She said: "Iâ€™m at bootcamp @g.i.jane_bootcamp to give me a kick up the backside and to keep on track of my state of mind!!

"We all have ups and downs itâ€™s how we deal with those downs that show our strength!!!"

In her lengthy post, she continued: "No one ever really feels good about putting weight on but donâ€™t ever let it rule your life!!! Other peopleâ€™s opinions of me is none of my business!!!

"And letâ€™s be honest if I didnâ€™t put weight on and lose it I wouldnâ€™t have a career!!!!

"Happiness comes from within! I feel blessed and grateful sending you all lots of positivity and love! BE KIND TO ONE ANOTHER."

- TS