

## **Loose Women's Saira Khan looks incredible at 50 as she does intense workout at Cornish caravan**

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Loose Women's Saira Khan looked incredible at 50 as she did an intense workout at a Cornish caravan park.

The TV star is in the best shape of her life and is encouraging other women to do the same.

*Saira Khan is in the best shape of her life after hitting 50*

*The Loose Women star shared her motivational work out*

Saira shared a motivational post to her Instagram as she took on a new intense fitness regime whilst enjoying a family holiday.

She shared four separate videos of herself working out wearing just a bikini.

Saira can be seen skipping at a fast pace, before going onto the floor for burpees,

The active celebrity then follows this by jumping lunges and jump squats.

*The exercise routine looked intense*

*The star shared four motivational videos*

Saira recently turned 50 and told her followers how she stays looking good.

In a candid post, she wrote: "So many women when they hit 50+ say they feel invisible.

"My advice is to reconnect with your passions, do the things that bring you joy and put you in a good place."

Fitness enthusiast Saira has been sharing home workout videos in a bid to help her followers exercise safely.

She shared: "I'm just a little bit concerned that so many of us are exercising at home without supervision.

"We're following personal trainers, and they're doing high intensity exercises, and if you're not doing the form properly you could really do yourself an injury."

- The Sun