

Amanda Holden poses in Calvin Klein pants to celebrate 50th - and reveals she runs everyday 'to h

06/03/2021 18:56 by admin

Proving 50 really is the new 30, Amanda Holden's physique is anything but pants.

The Britain's Got Talent star poses up in her Calvin Kleins for a new photoshoot to mark the big 5-0 last month.

Amanda Holden poses in her Calvin Kleins after passing the half-century milestone

And the secret to her flawless bod? Running&land rosÃ©.

She tells The Sun: "I run and do some yoga to keep fit - that allows me to have a few glasses of rosÃ© in the evening.

"I'm looking forward to enjoying my fifties, and I have no plans on slowing down anytime soon.

"I spent my birthday at home with Chris and my gorgeous girls Hollie & Lexi.

The BGT judge recently shared the secrets to her beautiful body

"I stayed in my pj's all day and they surprised me with gifts and special moments. It was wonderful.

"They even organised a kitchen disco in the evening!

"I'd always imagined a big party to celebrate half a century but I wouldn't have changed the day for the world."

The 50-year-old says the secret to a flawless body is running and rosÃ©

Amanda celebrated her birthday at home with Chris and her two girls

- The Sun