

Denise Van Outen Quotes

*Thinking, Men, Fun, Feels, Half, Years, Smartphones, Breasts, Trying, Different,
Odd, Salad, Fabulous, Giving, Daughter, Young, Behaviour, Mean, Role
Models, Facts*

I've never been on a fad diet.

~Denise Van Outen

My daughter is my biggest achievement. She is a little star and my life has changed so much for the better since she came along.

~Denise Van Outen

I do like my breasts. They're great, so much fun. You can do what you like with them.

~Denise Van Outen

In LA, I live on sushi or salad.

~Denise Van Outen

I did the Kilimanjaro climb a few years ago, then the six-day trek to Machu Picchu in Peru so this bike ride to raise money for Great Ormond Street seemed like the next big challenge.

~Denise Van Outen

Everybody thinks if you do one thing, you can't do something else. So I like the fact that I can be versatile if I want to.

~Denise Van Outen

My past behaviour makes me cringe.

~Denise Van Outen

Men pretend they don't like to be nagged, but they love it, really. It makes them feel wanted.

~Denise Van Outen

Like a typical Gemini I'm changeable, I can be two different types of people. I can be very outgoing, but sometimes very shy.

~Denise Van Outen

Essex is an amazing county, with its own set of rules. It's a completely different world.

~Denise Van Outen

Now I look back and think if I'd spent more time enjoying myself instead of crying into my pillow over men, my 20s would have been fabulous!

~Denise Van Outen

Much as I loved doing 'The Big Breakfast,' it almost became automatic. I need something to keep my brain ticking over, something that I have to concentrate on.

~Denise Van Outen

I'd got to that age when I was out on a date with a guy and I would be thinking: Don't mention your age, don't mention that you want a child - because they would just run out the door.

~Denise Van Outen

Young girls look to me as a role model and think I crash diet to keep slim. That's not true, I always eat properly.

~Denise Van Outen

It wasn't through choice that I became a mum at 36. I wanted to be a young mum but things never worked out for me.

~Denise Van Outen

If you try to breastfeed and it's not working, then you don't feel particularly good about yourself.

~Denise Van Outen

At weekends, I've been going on long but steady-paced four-and-a-half-hour bike rides.

~Denise Van Outen

I'm not changing to the point where suddenly I wear floor-length skirts and start playing the violin; I'm just growing up a little bit, I guess.

~Denise Van Outen

I mean, I'm lucky because I've slimmed down, but the last thing I was thinking about was losing weight.

~Denise Van Outen

I eat quite healthily normally but, like everyone, have relapses and give in to the odd cake.

~Denise Van Outen

I don't know what I would do without my smartphone as I am on the go all day.

~Denise Van Outen

I did like hanging out with all the rock'n'roll boys - it was fun but all those relationships didn't work out.

~Denise Van Outen

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