

LEAN, LOVELY LEANNE!

Disciplined eating and lots of exercise has helped the TV presenter to shed 17kg

BY SHANAAZ PRINCE PICTURE: SHARON SERETLO

SHE'S wearing tight blue jeans that show off her legs to perfection and an off-the-shoulder top that reveals her toned arms in all their glory. Standing on the staircase of her home, Leanne Manas looks sensational – and she knows it.

For months the SABC2 Morning Live presenter has been working out and watching what she eats. Now, 17kg lighter, it's reward time and it's sweeter than any chocolate could ever be. It's the satisfaction of being able to show off her new bod.

After years of fad diets, the bubbly brunette seems to have found what works for her – and at age 43 she's looking better than ever. So what's her secret?

"I wish there was one," she says as she sips coffee in the sunroom of her home in Northcliff, Johannesburg, with her two Brussels Griffon pooches, Bentley and Zara, sitting at her feet.

"It's about what you put in your mouth, nothing else," she adds. "That's why they say bodies are made in the kitchen."

The mother of two says she'd fallen into a few really bad habits.

"If my kids didn't want to eat something, I'd just pop it in my mouth," she recalls.

Looking back at old pictures, including of her when she was at her heaviest at 87kg, Leanne is stunned at the comfort zone she'd allowed herself to fall into.

"I've been through so much over the years. Viewers have seen me get engaged and then through a wedding. I went from being nice, thin, youthful Leanne to skinny bride Leanne, then into first pregnancy, happy Leanne. After the first baby I went skinny and then



DINO CODEVILLA

After losing 17kg, Leanne is slimmer and sexier than ever.