

# Eastenders' Lorraine Stanley celebrates shedding 12lbs in six weeks after health kick



Tilly Pearce

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**Eastenders' Lorraine Stanley** has revealed she's lost 12lbs in six weeks as part of a new health kick.

Speaking to Carol Vorderman, who is stepping in for Lorraine Kelly for this week's shows, the Karen Taylor actress on the soap admitted that her new regime has given her more pep in her step.

Carol was the first to bring it up, saying to Lorraine: 'When you came in you mentioned that you're quite pleased yourself, because you've managed to lose a little bit of weight?'

Lorraine then proudly declared: 'I've lost 12 lbs in six weeks. Thank you to my mate Louise Appel who is my fitness guru, she talked about nutrition.'

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'I've ate a lot of boiled eggs, a lot of fish, a lot of chicken,' she continued that she's also cut chocolate and crisps from her diet.

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The EastEnders star asserted



Lorraine admits she's no

Nice one, Lorraine!

Earlier on in the interview, Lorraine admitted she's not a fan of EastEnders – especially clothing.

She confessed: 'It's hard watching my curves, and she's got no shame. It's quite difficult.'

and I feel better for it.'



It's hard watching her own scenes get cut out.

When she's wearing form-fitted clothes, I cover all

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Meanwhile on Albert Square, Karen is having trouble with her boyfriend Mitch following the devastating **storyline in which Dinah took her own life**.

With Karen taking it badly, Mitch has taken it out on her, with Lorraine explaining: 'It's really difficult because obviously Mitch thought she should've spoken out and told Mitch about the whole scenario, but she felt like she didn't do anything wrong.'

'There's going to be a lot of tension between her and Mitch, and Bailey also moving in with her is

going to be difficult, because I'm not her real mum. It's going to be difficult for a child.'



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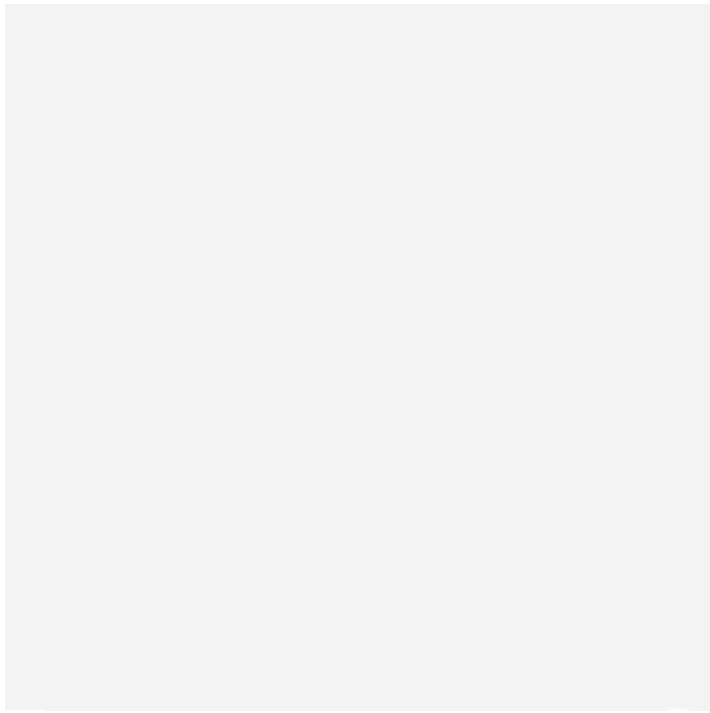
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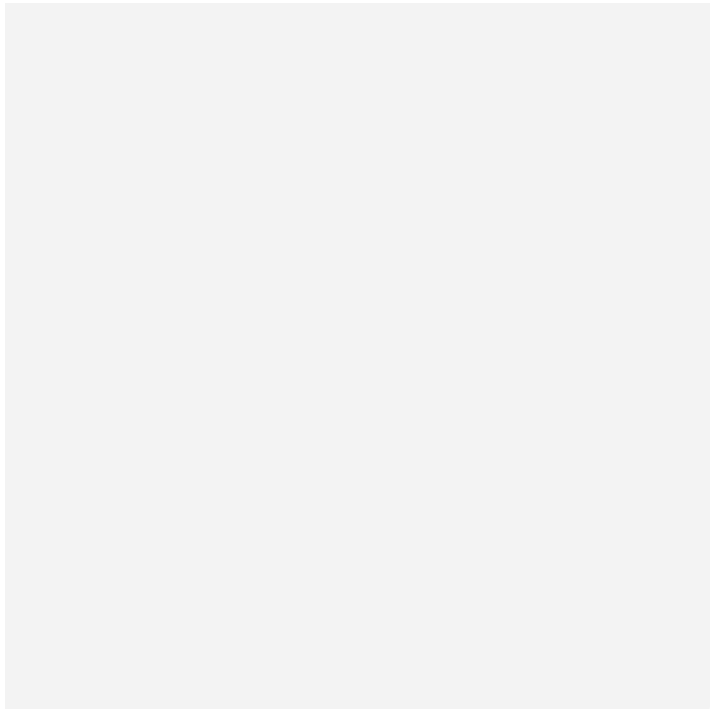
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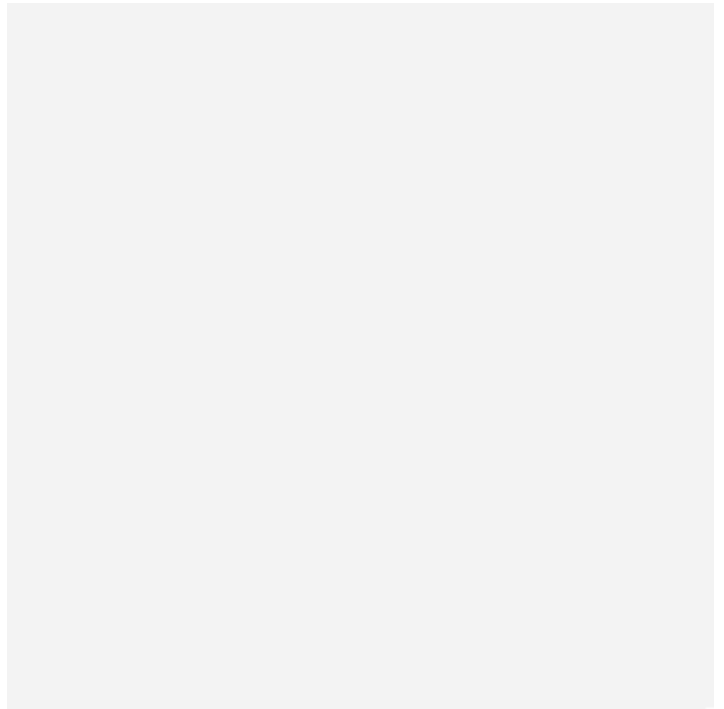
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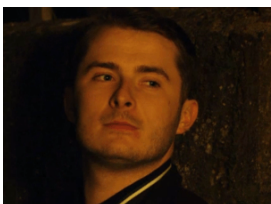


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