

'ALL THE GIRLS WERE GREEN WITH ENVY'

WITH HER ENGLAND SKIPPER HUSBAND BATTLING IT OUT IN BRAZIL, QUEEN WAG **ALEX GERRARD** TURNS HEADS AS SHE HITS THE POOL IN IBIZA - AND WE REVEAL THE DEDICATION YOU'LL NEED TO LOOK JUST AS GOOD IN YOUR BIKINI!

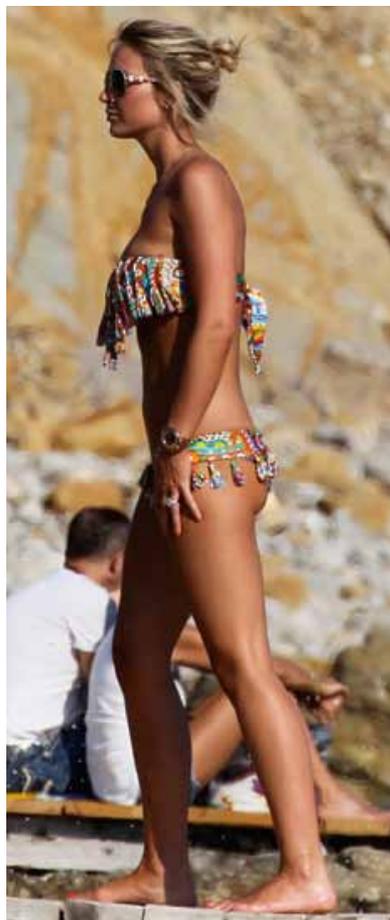


While her husband Steven has been busy captaining England at the World Cup in Brazil, Alex Gerrard took the opportunity to jet off on a sunshine break to Ibiza with her gal pals – and the WAG looked every inch the beach babe as she showed off her enviable bikini body in an array of colourful two-pieces during her holiday.

Alex, 31, began the girlie getaway in a flattering dark green halterneck bikini (facing page), which flaunted her super-toned and tanned torso. She was obviously a fan of the look as she posted a picture on her Instagram account of her wearing it and sipping a glass of wine pool-side. An onlooker revealed: 'Alex looked

absolutely stunning. All the girls around the pool were green with envy.'

The following day, the mum-of-three – who has daughters Lilly-Ella, ten, Lexie, eight and two-year-old Lourdes with Steven – covered up her tummy but left her impressive cleavage on show in a pink and white snakeskin monokini and matching sleeveless kimono (left) as she headed to a beach party. Her slim, long legs were hard to miss as she danced on the beach. The morning after England lost their first game to Italy, Alex showed off her tiny waist in a multicoloured strapless tasselled two-piece by Luli Fama (below) as she took a dip in the sea.



Alex previously revealed that she'll make the trip out to Brazil to support her husband if England get through to the later stages of the competition, saying she'd be 'bored stiff' out there without Steven, who will be holed up training with the England team. Just before she left for the White Isle, flying to Brazil certainly wasn't on Alex's radar. 'I'm really not sure if I'm going yet so I haven't even thought about what I'd take,' she confessed when quizzed on what would be in her suitcase.

But she's clearly missing her husband of five years as she uploaded a touching picture of him and their three daughters to celebrate Father's Day last week. Steven responded with a picture of him at a Liverpool game with his



Above: Lilly and Lexie cheer on England – and the soccer ace with his three daughters (top)

daughters (top). He captioned it: 'I am blessed to be the father of these three angels. Unconditional love I have for them, they are my world.'

Despite being on the other side of the world, Alex has found time to watch her husband play. Before she flew to Spain, she said: 'I'll be watching the game in Ibiza, no doubt having a few cocktails to toast the team. I'm going there with some girlfriends while mine and Steven's daughters spend a few days with their nans. They can't wait – and neither can I.'

She added: 'It's the only chance I'm going to get for a girlie holiday this year and Steven told me to take the opportunity while he's away. As well as watching the match, we have lots of lovely stuff planned, including beach parties. I prefer daytime parties nowadays – I must be getting old.' Alex landed back in Blighty last Wednesday – in time for England's disappointing defeat at the hands of Uruguay. **OK!**

REPORT BY LISA BLAKE
PHOTOGRAPHS BY INSTAGRAM,
SPLASH NEWS, TWITTER, XPOSURE



Above and right: Alex drew admiring glances in her bikini on the beach



HOW DOES ALEX GET HER AMAZING BIKINI BODY?

SHE WORKS OUT!

Alex has admitted that she trains three times a week for an hour and a quarter with her personal trainer Deana Mogan, and does a mixture of cardio, weights and boxing. She's also recently admitted she's a big fan of TRX (right), which involves using a rope to pull your own body weight. If she's 'being really good', she'll also go for a run once a week. However, in the week before she jetted to Ibiza, the WAG was on a real bikini body mission as she hit the gym six times in seven days.



STEVEN'S A GOOD INFLUENCE

The star has also revealed that her husband's healthy lifestyle ahead of the World Cup has been having a positive effect on her. She said: 'I eat pretty healthily most of the time. Obviously Steven's diet is really healthy so that encourages me to eat well. Maybe if I'm going away I'd be extra good the week before and try not to snack in between meals or eat carbs after 6pm.' Alex's average diet consists of porridge and fresh fruit for



breakfast, tuna salad for lunch and steak or salmon with vegetables for dinner. She avoids white bread and chips.

HER PARTYING DAYS ARE OVER!

'I used to be a party girl, but now I know that if I have a big night out, I'll probably eat junk food. I've turned down nights out already,' Alex has revealed. She's also confessed to curbing her alcohol intake ahead of a holiday, saying: 'I'll be more strict and try not to drink either.'

SHE'S HAD 3D LIPO

Like Coleen Rooney, Alex has had high-tech 3D Lipo to give her a sleeker silhouette. The treatment combines cavitation – which converts fat cells into liquid which is then naturally drained by the body, as well as a body sculpting treatment called cryolipolysis.

SHE DOESN'T DIET

'I don't really diet as I train quite hard and eat healthily,' Alex says. Her top diet tip is: 'Everything in moderation, and don't deprive yourself. If you feel like something then have a little bit, otherwise you'll end up eating everything in sight.'



FOR MORE ON 3D LIPO, SEE WWW.3D-LIPO.CO.UK.

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