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METRO 60 seconds



FIONA FULLERTON, 56, is a property guru, journalist, author, ex-actress and Bond girl. Her next venture is *Strictly Come Dancing*, which begins on Friday

You're rehearsing for the first *Strictly* show. What has surprised you so far? How much my body and joints are aching. I knew I was fairly unfit because I'm not a fitness freak who goes to the gym. I do speed-walking and walk my dogs but I'm really feeling it. I'm also surprised by how much I'm enjoying it. I'm so thrilled to have Anton Du Beke as my partner. He's very funny, so we're having a good time. I've had so many emails from friends saying:

"Wow, you're brave!" but I don't think it's about being brave, it's about embracing life and packing in as much in as you can. I'm 56, I haven't got long.

You're in great shape. Did you do lots of speed-walking and dog-walking to prepare? No! Last September I stopped eating wheat. I'd become a frumpy, rather boring country mum, living in jeans and Timberlands and

my weight had ballooned. So I cut out all the pasta, bread, quiche and cakes. It made an enormous difference and my confidence soared. I feel so much better about myself than I did this last time year.

Any other tricks you'd like to share? I use lots of Nivea. I don't do Botox or anything like that, so I have a very mobile face.

Don't you have some ballet in your background? I went to Elmhurst ballet school as a boarder when I was nine, mainly because my dad was in the Army. Before that, I'd only been dancing once a week. I wanted to be Margot Fonteyn or nothing, until I was spotted by an agent and went off to make my first film at 12.

You've said you're the ageing glamour puss of the cast. What advice would you give to today's glamour pusses? I think the best advice is always to maintain one's integrity. It's easy to be taken advantage of in the business when you're young, pretty and fairly vulnerable.

Which public figures do you rate? I'm a huge fan of Darcy Buswell – I know it's a bit of a cliché. I remember being blown away when I saw her at the Royal Opera House as a 19-year-old, dancing one of her first solo roles. Also the Queen. I'm a huge royalist and a big fan of hers. She's extraordinary. And I've always been a huge admirer of Nelson Mandela, although I do think it is possible he's not with us any longer and they're trying to keep it quiet.

Your big break was playing Alice in *Alice's Adventures In Wonderland* when you were 16, alongside Peter Sellers, Dudley Moore and Spike Milligan. Did that change your life? They were all so sweet, especially Dudley Moore. When I was living in LA in the 1980s, we became good mates. He was a bit of a lost soul and because I was a child, he was very protective of me.

In 1996, you opened your door to a man with a gun. Is that what prompted you to give up acting? It was a catalyst really. I was thinking of leaving the industry and changing career. I'd had my daughter Lucy by then and motherhood changes you so dramatically. In a way, I'd always craved domesticity and stability, so when that happened I think it was indicative of the fact that the age of celebrity was changing so fast and I wasn't comfortable with that.

You published a book last year, *Dear Fiona, Letters From A Suspected Soviet Spy*, detailing your correspondence with a



“The first James Bond scene was with Roger Moore in a Jacuzzi. He said: ‘Well get your kit off and get in!’”

prisoner who initially wrote you a fan letter... Yes, his name is Alex Alexandrowicz, who maintains he is an innocent man. He was imprisoned for 22 years. When we finally met, we became very close. I've actually relocated him not far from where I live so I can look after him. He's like a member of the family and I've got a QC working on a pardon for him.

Finally, let's talk snogging Roger Moore in a hot tub in the 1985 Bond film *A View To A Kill*. What do you remember? The embarrassment of arriving on set on my first day and that was the first scene I had to do! They gave me some bikini bottoms, a dressing gown and introduced me to Roger Moore. He said: "Well, get your kit off and get in!" So I did, thinking: "Oh my God, this is sooo embarrassing!" I just wanted to die but I sort of slithered into the Jacuzzi sideways. Roger was making lots of funny comments so I decided to give him both barrels and I kissed him properly. I think after that he was like: "Ooh!" His face was a picture. **Lesley O'Toole**

*The next series of *Strictly Come Dancing* begins on Friday. Fullerton is also an ambassador for *RatedPeople.com*, a website for tradesmen reviews and recommendations.*

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