



## Anna Richardson

### Leading TV presenter and journalist

TV presenter, producer and diet and beauty specialist.

## Anna's biography

### Anna Richardson's background

[TV presenter](#), producer and diet and beauty specialist, Anna Richardson began her television career on Channel 4's hit breakfast show the Big Breakfast where she worked alongside some of the UK's most beloved television and radio presenters including Chris Evans and Gaby Roslin. Securing her place in the media spotlight Richardson spent the following six years working on a variety of popular BBC and ITV programmes including the infamous teen sex and relationship series Love Bites, where Anna was nominated for an RTS award.

The popularity of Love Bites, alongside Anna's frank and down-to-earth approach to subjects of sex, love, relationships and sexuality, would go on to dictate much of Anna's future work as a TV presenter. Similarly, Richardson's frank approach to her work as a TV presenter also led to her successful [hosting](#) of similarly themed reality and documentary-style shows, Secret Eaters, My Big Fat Diet Show and appearances on Supersize vs. Superskinny saw Anna Richardson explore the secrets and myths behind dieting and nutrition, she helped to highlight the truth behind so-called diet food and demonstrated the futility of extreme dieting.

Richardson became a household favourite among young audiences and her truthful and witty demeanour helped secure viewers in their millions.

As well as working as a television and radio presenter Anna Richardson has also shown a great deal of skill behind the camera working as a writer and producer, the woman behind the internationally successful You Are What You Eat, Richardson played an integral part in the development of a number of

successful TV formats for the BBC, ITV and Channel 4.

Now a regular Channel 4 face, she is the Presenter of award-winning series The Sex Education Show and supporting website Sexperience UK; has her own food and lifestyle series My Big Fat Diet Show; undercover hit surveillance series Secret Eaters; and her own beauty series How Not To Get Old. Anna has also presented How Autistic are you, How to Get Fit Fast, Super Shoppers. a regular guest on Loose Women and presents hit show Naked Attractions.

Anna is also a qualified Cognitive Hypnotherapist and member of the National Council for Hypnotherapy (NCH). She is the author of two bestselling diet books – Anna Richardson’s Body Blitz and Mind Over Fatter.

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