



Ruth Langsford

ITV1's flagship daytime show presenter

Ruth Langsford presents ITV1's flagship daytime show, This Morning with her husband Eamonn Holmes every Friday as well as the summer and Easter holidays and half-term breaks.

Ruth's biography

Ruth Langsford's background

Ruth is also a popular host on ITV's daily chat show Loose Women where she [anchors](#) the programme two or three times a week.

In addition to her daytime presenting roles, Ruth has a regular primetime series with Eamonn for Channel 5 – How the Other Half Lives is currently in its third series. The popular couple return later in the autumn with a further two series with the channel which they host with their inimitable humour.

Ruth also has a passion for fashion; she has recently started [hosting](#) her own Thursday night show Ruth Langsford's Fashion Edit on QVC. She has also designed her own clothing range, exclusively available on QVC.

Ruth's other passions include cooking, she showcased her skills on Marco's Kitchen Burn Out (ITV), and gardening which saw her present The Great British Garden Show on BBC2.

Her career started at ITV in the Westcountry 30 years ago where she fronted the evening news programme and presented her own chat show. From there, she moved into national television and has fronted shows for BBC1, BBC2, ITV and several digital channels. Ruth is a popular guest on numerous entertainment formats from [Celebrity Juice](#) to the infamous appearance on Ant and Dec's Saturday Night Takeaway where her 'twerking' in front of the nation was one of the highlights in Get Out of My Ear.

Ruth is an Ambassador for the Alzheimer's Society. She and Eamonn live in Surrey with their son Jack and beloved dog, Maggie.

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