

# Mel B.

The X Factor mentor, Jenny Craig success story... oh, and she was in a little group called the Spice Girls. Mel B.

"So tell me what you want, what you really really want!" ...Oh, sorry, I forgot that I'm writing, not singing. What a shame, I was doing my best '90s sing-a-long pop voice too. If you aren't sure of the origin of "I wanna really really really wanna zig a zig ahh", or you think Sporty Spice, Baby Spice, Ginger Spice, Posh Spice and Scary Spice are the names of a new range of cooking flavours, then you're probably very confused by now. Let me explain...

In this issue of *Get it* we've been addressing the issue of 'mentoring', which got me to thinking about contemporary high profile celebrity mentors. There are of course, many, but a series that will inevitably be huge this year is *The X Factor*. It's the number one series in the UK now, maintaining an obsessive following in 2011, complete with scandals and publicity stunts. For sure, it will follow suit here – we even have our own little piece of 'Cool Britannia' involved (hence the Spice Girls references above) - indeed Melanie Brown, aka Scary Spice, or Mel B as she likes to be known, is a judge and musical mentor to "wannabe" (sorry, couldn't resist!) Australian contestants.

Love or hate her, Mel B is a legitimate choice for her high profile role on *The X Factor*. She knows a thing or two about the music industry, having conquered the Spice World... er, globe as part of the Spice Girls – a group who, according to Wikipedia, "as of January 2010... have sold more than 75 million

records worldwide."

The Spice Girls became the fastest selling British group since The Beatles when they released their debut album *Spice*, which still remains the best-selling album by a female group in history. They hold too many records to count here, but thanks to their fame in the days where fans actually had to buy albums, these outspoken advocates of 'girl power' became millionaires who hold a Guinness Book of World Records status for 'Most No. 1 Entries in the UK Charts', and 'Most Consecutive No. 1's for a New Act'. The group's enduring popularity brought about one of the most successful concert tours of 2007-08 with their reunion trek grossing more than \$70 million. Sadly the tour did not "Viva Forever" and fans Down Under missed out on this highly anticipated show – allegedly the girls had had enough by the time they finished in the UK and USA.

Mel B did however make her way to our sunny shores. As a solo entertainer she has released three successful albums and merged into television, appearing on the *US Dancing With The Stars*, launching her own reality show, *Mel B: It's A Scary World* and of course our very own version of *The X Factor*, on our screens this year for a third season, plus as a host of this year's Australian *Dancing With The Stars*. Mel B was a guest mentor on Australia's first series of *The X Factor*, was a controversial favourite during season two, and is excited to be here for a permanent judging



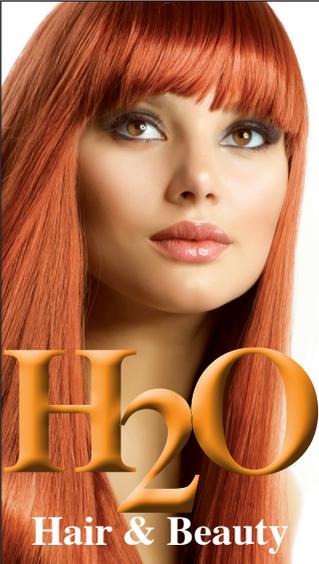
Image thanks to Jenny Craig

role in 2012.

Recently she has also been shining under the Aussie media spotlight as a spokesperson for Jenny Craig, encouraging other yummy "Mama"s to 'spice up their lives' following childbirth, but to do it in a safe and steady way. Six months after the birth of her daughter and only 20 weeks after starting on Jenny Craig, Mel has lost an impressive 15 kilos, reaching her goal weight of 60kg. She enthuses that she not only feels better about herself but has more energy to boot. Ever the vivacious Spice Girl, she says of her weight loss feat, "my husband Stephen is beyond excited, he's loving my new body and has showered me with sexy lingerie. Girls, if you've got it, flaunt it to the man you love – don't lose the fun - lose the weight!"

She does appear to be the Spice Girl who will "Never Give Up On The Good Times"... good on you, Mel, it's nice to have you in Oz.

More on Mel B's extraverted activities at [www.xfactortv.com.au](http://www.xfactortv.com.au) and [www.jennycraig.com.au](http://www.jennycraig.com.au) or follow her on Twitter @officialmelb



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