

Adele

Adele, the performer of "Someone Like You", is a famous singer and songwriter from England. With a soaring voice that touches the hearts of music lovers, Adele has always been considered an unusual performer within the British music industry. Not possessing a beautiful, slender appearance like many other singers, she was instead plus-sized and stout. At that time, Adele insisted that she wanted to shine with her voice and her true self, not try to fit in with the crowd.

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However, along with her growing success, the English songbird has increasingly been changing her looks. Having once managed her appearance in public by choosing outfits that concealed her figure, she has recently started to attract attention at events with her ever-slimmer physique.

youtube.com/EnglishTreasure

After her divorce in 2019, Adele became determined to lose weight, stay healthy, and set a good example for her son. She hired a trainer for Pilates, which combines yoga, exercise, and stretching. She also abandoned her old eating habits, including 10 daily cups of tea with 20 teaspoons of sugar. She now drinks green vegetable juice and eats only 1,000 calories a day. Adele revealed to fans in January that she had lost about 45 kilos.

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Where does Adele come from?

youtube.com/EnglishTreasure

When did she get divorced?

How much tea did she drink before starting her diet?