

## 'I'm like Forrest Gump in that I've always run': Michel Roux Jr under the microscope

By [Fiona Duffy](#)

Last updated at 8:00 AM on 12th April 2011

Like

8



Healthy lifestyle: Michel Roux Jr gave up smoking 20 years ago and does a lot of running

The Michelin-starred chef Michel Roux Jr, 50, discusses his love for expensive chocolate and why he's scared to go up the Eiffel tower.

### AS A CHEF, IS IT HARD TO EAT HEALTHILY?

Not for me — I have a balanced diet and I like salads and fresh fruit, particularly berries in season and peaches.

### WHAT ABOUT DRINKING?

In this industry, wine and spirits are always readily available and it can be very tempting to have a drink. So I drink socially, but I tend to stay away from alcohol during the week.

### DO YOU SMOKE?

I used to smoke 20 a day, but gave up for the birth of my daughter Emily, now 20. I didn't want her to suffer from my smoking.

## WHAT'S YOUR BIGGEST VICE?

Chocolate — but proper chocolate. My favourite is Amedei — probably the most expensive chocolate on earth. It's Italian and absolutely gorgeous.

## DO YOU FIND TIME TO EXERCISE?

I'm like Forrest Gump in that I've always run. I usually do a long, two-hour run on a Sunday, then three or four runs during the week. I also do weights and Pilates with my wife, which is great for core strength.

## ANY INJURIES?



---

Roux Jr has a balanced diet and likes salads and fresh fruit, particularly berries in season and peaches

---

I broke the cuboid bone in my left foot two years ago. I was running home from the MasterChef studio when I tripped and landed awkwardly. I heard a crack and knew I had broken something. There's no treatment and I was off running for about five months.

## WAS THAT YOUR WORST ACCIDENT?

No. Ten years ago I broke my left fibula and tore ankle ligaments in a skiing accident near Meribel. Someone went straight into the back of me and I went head over heels. I needed surgery to insert a pin into my ankle to keep it stable.

## ARE YOUR FAMILY GENERALLY HEALTHY?

We have weak retinas — the tissue at the back of the eye. I've had detached retinas in both eyes. The first was about ten years ago, in my left eye.

The specialist warned that he might not be able to save my sight, but thankfully surgery was successful. I still have a 'squiggle' in my vision.



---

Phobia: Roux Jr. is afraid of heights and hated going up the Eiffel tower

---

## HOW'S YOUR SIGHT NOW?

The treatment to re-attach the retinas brought on early cataracts, which caused cloudy, blurred vision. So I had the lenses in my eyes removed and replaced with plastic ones.

## BIGGEST PHOBIA?

Heights. I went up the Eiffel tower when Emily was 12, as she really wanted to. She loved it, but I was green and shaking.

## WHAT DEPRESSES YOU?

A bad result at the football or rugby, but it doesn't last long.

## LIKE TO LIVE FOR EVER?

No. We each have our time — and you have to face that.

***Michel is running in the London Marathon this Sunday in support of Visually Impaired Children Taking Action (victa.org)***

Places:

[Eiffel Tower](#)

## Comments (2)

- [Newest](#)
- [Oldest](#)
- [Best rated](#)
- [Worst rated](#)

[View all](#)

Run Michel Run!

- Caroline, London, 12/4/2011 14:15

Click to rate \_\_ Rating 11

[Report abuse](#)

A very interesting man. I loved his Service programme and found it very moving. Good luck to him on Sunday.

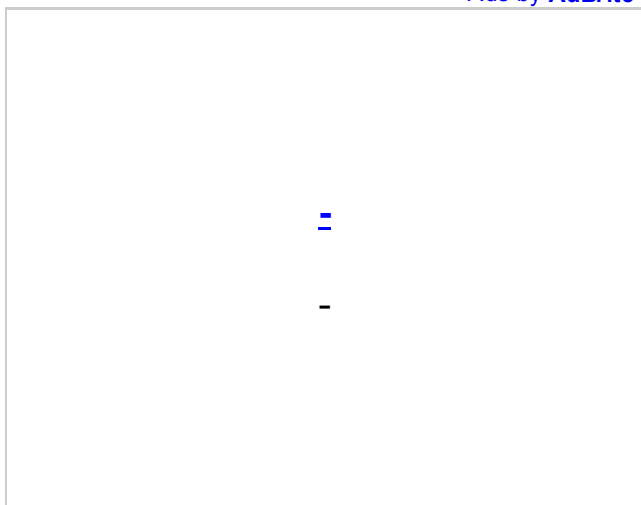
- Gina Hearn, Prague, Czech Republic, 12/4/2011 09:04

Click to rate \_\_ Rating 23

[Report abuse](#)

The views expressed in the contents above are those of our users and do not necessarily reflect the views of MailOnline.

Ads by **AdBrite**



- [Health Headlines](#)
- [Most Read](#)
- [Twenty stone schoolboy, 10, becomes the youngest person ever to have a gastric band op](#)
- [The dangerous middle-class myth about teaching your child 'safe' drinking](#)
- [NHS pension millionaires: Health cuts bite, but bosses' retirement pots are still gold-plated](#)
- [Smiling in the face of adversity... Despite all being diagnosed with cancer over the past six months three family women remain positive](#)
- [Pneumonia jabs for pensioners to be scrapped 'as they don't work'](#)
- [Doctors told me I would die if I didn't have my colon removed](#)
- [The implant for your eyes that's just like wearing bifocals: New laser op can reverse long-sightedness in a flash](#)
- [The 'midlife crisis' that was actually the start of Alzheimer's](#)
- [How warming up your kidneys can treat heart failure](#)
- [Will taking an aspirin a day save YOUR life?](#)
- [From sweet bowls to endless birthday cakes: How your office is making you fat](#)
- [MORE HEADLINES](#)
- [The 'midlife crisis' that was actually the start of Alzheimer's](#)
- [The dangerous middle-class myth about teaching your child 'safe' drinking](#)
- [Eleven dress sizes smaller: A morbidly obese nurse celebrates a win over a five year battle with her weight](#)
- [Doctors told me I would die if I didn't have my colon removed](#)
- [Pneumonia jabs for pensioners to be scrapped 'as they don't work'](#)
- [Premature baby still in hospital despite recovering six months ago... because her family home is too small to store her medical equipment](#)
- [Smiling in the face of adversity... Despite all being diagnosed with cancer over the past six months three family women remain positive](#)
- [From sweet bowls to endless birthday cakes: How your office is making you fat](#)
- [Will taking an aspirin a day save YOUR life?](#)
- [The implant for your eyes that's just like wearing bifocals: New laser op can reverse long-sightedness in a flash](#)
- [Save our soles: Are your gladiator sandals healthy?](#)

- [MOST READ IN DETAIL](#)

Ads by Google:

[Do you have a UK Pension?](#) QROPS Pensions Adviser for Italy Get your Free QROPS Guide here! [www.forthcapital.com/QROPS-guide](http://www.forthcapital.com/QROPS-guide)

[Easy IOP self-tonometry](#) Measure your eye pressure at home. Easy+accurate, no anesthesia needed [www.icaretonometer.com](http://www.icaretonometer.com)

[AvidHiPro High Protein](#) AvidHiPro high protein nutrition for dieters, sports and patients. [www.avidhipro.co.uk](http://www.avidhipro.co.uk)

[Gluten Free Healthy Snack](#) Tasty Treats For The Whole Family! Gluten Free, Kosher, 64% Real Fruit [www.ausometreats.com](http://www.ausometreats.com)

[Control your Blood Sugar](#) Go against your Diabetic Condition. Find out how to help yourself. [jorgenkj.weebly.com/](http://jorgenkj.weebly.com/)

[Original Green coffee 800](#) For Healthy Weight loss special offers for retail and wholesale [www.green-coffee-800.com](http://www.green-coffee-800.com)

[Adolescent Psychiatry](#) Official Journal - American Society of Adolescent Psychiatry [www.benthamscience.com/aps](http://www.benthamscience.com/aps)

[50 Fat-Burning Exercises](#) Burn fat & get ripped fast with these extreme fat-burning exercises [MaxWorkouts.com](http://MaxWorkouts.com)

---

Published by Associated Newspapers Ltd

Part of the Daily Mail, The Mail on Sunday & Metro Media Group

© [Associated Newspapers Ltd](#)

