

It'll be all right on the Knight!

I'M not sure Eddie Hall will be doing this again in a hurry. Climbing into a full suit of armour, I mean, and chucking himself into battle.

"That was very uncomfortable, very hot and a little bit claustrophobic," the ex-World's Strongest Man is telling me now it's over. "All in all, not a great experience."

Still, never mind. It's not as though this was going to be Eddie's next big career move. He's only done it for a publicity stunt, to help promote Knight Fight, a fantastically deranged new TV show - described as medieval MMA (mixed martial arts) - that starts tomorrow night on the History channel.

That said, I suggest he could probably crack it if he put his mind to it. If he put in the hours of training and had the right incentive, Eddie doesn't disagree.

"Yeah, don't get me wrong," he says. "I enjoyed the fighting. I just didn't enjoy being in that armour."

"But yeah, given the opportunity, maybe a big lump sum of money..."

For "big", mind, we should maybe read "huge", because retirement from the strongman circuit seems to have left 31-year-old Eddie happier than ever.

For one thing, he's lost a shedload of weight. He's not exactly wasting away these days, as you can see, but from the 32st he reached when he took that world title in 2017, he's down to a mere 26.

"At my top weight I felt really unhealthy," he says. "I was also in a very bad place mentally. From the second I

woke to the second I went to bed, I used to think about Strongman.

"I became obsessed. My marriage suffered, my kids suffered.

"Now everyone's saying I look 10 years younger. It's as though I've been reborn. And I can spend a day playing with the kids now and not be out of breath, having to sit down every 10 minutes."

That home life of Eddie's - with wife Alex, daughter Layla, 10, and son Maximus, six - hasn't always been easy.

But for the first time in ages he feels he's getting his priorities right: "If anything I'm busier than ever, but now it's on my own terms. I'm not pressured into doing anything I don't want to."

So what does the future hold for the trimmer, happier, healthier Eddie Hall?

Last year, he turned up on Channel 5 reality show *Celebs In Solitary*. Next week, a little less stressfully, he's having his picture painted on Sky's *Portrait Artist Of The Year*.

He's also hoping I'm A Celeb might finally become an option. But his biggest goal of all is the movies. "I'm having acting lessons," he tells me, "attacking life in the direction of Hollywood."

"I'd like to stay away from the obvious bad guy roles, though. I'm leaning more towards dramas, horrors, comedies, the parts people least expect." I tell him this sounds fantastic. Just maybe don't go for the lead in one of those Jane Austen period dramas.

"Hey!" says Eddie, seemingly a tad offended. "Never say never!"

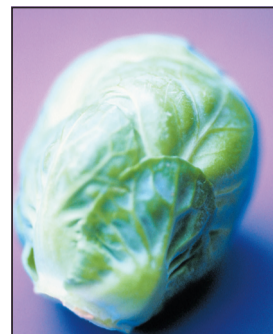
● **Knight Fight premieres tomorrow at 9pm on HISTORY (Sky 130 / Virgin 270 / BT 327 / TalkTalk 327).**



ARMOUR-GEDDON: Former World's Strongest Man Eddie slays the opposition at 'medieval MMA'



the **MIKE WARD INTERVIEW**
EDDIE HALL



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