

Amanda Holden poses in Calvin Klein pants to celebrate 50th - and reveals she runs everyday 'to h

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Proving 50 really is the new 30, Amanda Holden's physique is anything but pants.

The Britain's Got Talent star poses up in her Calvin Kleins for a new photoshoot to mark the big 5-0 last month.

Amanda Holden poses in her Calvin Kleins after passing the half-century milestone

And the secret to her flawless bod? Running&€land rosÃ©.

She tells The Sun: â€œI run and do some yoga to keep fit - that allows me to have a few glasses of rosÃ© in the evening.

â€œIâ€™m looking forward to enjoying my fifties, and I have no plans on slowing down anytime soon.

â€œI spent my birthday at home with Chris and my gorgeous girls Hollie & Lexi.

The BGT judge recently shared the secrets to her beautiful body

â€œI stayed in my pjâ€™s all day and they surprised me with gifts and special moments. It was wonderful.

â€œThey even organised a kitchen disco in the evening!

â€œIâ€™d always imagined a big party to celebrate half a century but I wouldnâ€™t have changed the day for the world."

The 50-year-old says the secret to a flawless body is running and rosÃ©

Amanda celebrated her birthday at home with Chris and her two girls

- The Sun