# Celebrity Women Defend Past Lads' Mags Photoshoots as Empowering and Positive



Ulrika Jonsson, 56, has publicly expressed pride in her past photoshoots for lads' mags such as FHM, Loaded, Nuts, and Zoo from the 1990s, countering criticism that they were sexist. Jonsson stated that participating in these shoots gave her a sense of control and fun.

Similarly, Emily Atack, 34, shared that she enjoyed her magazine covers with Loaded and FHM, viewing them as opportunities to celebrate her beauty and youth. Atack noted some negative reactions but affirmed that these shoots were enjoyable for her.

Denise Van Outen, 50, who appeared on FHM and Esquire covers, also reflected positively on her experience, citing no regrets and describing the era as fun and fashionable.

Rachel Stevens from S Club 7, named FHM's sexiest woman of all time in 2014, echoed similar sentiments, expressing pride in her lads' mag covers and the opportunity to appear more womanly and sexy.

Louise Redknapp, another regular on lads' mag covers including Loaded, FHM, and GQ, expressed pride in her work but acknowledged occasional embarrassment. Redknapp emphasized that these experiences celebrated women, despite some viewing them as sexist.