



Fit at 40:

How a
Mom of 2
Found Her
Best Body
Yet

I truly found my best body. That is what it is about. Not being a specific size, not starving oneself.

Okay, what?! I just hit the big 4-0? When did that happen? I swear, yesterday I was putting on my electric blue eyeliner and hair-spraying my bangs sky-high. BAM! Now I stare at frown lines and wonder if strong tape at bedtime would make them disappear. However, I feel incredibly strong—powerful even. Tight, taut, and terrifically toned. More ready now at forty to take on the challenges (both mental and physical) that are thrust at me each day, as I wrangle my pre-schooler into her car seat and chase after my kindergartener. Yes, forty really does feel fabulous. Who knew?!

It wasn't until my late twenties that I really began to find what my best body could be. Hiding under my Minnesota butter-and-red-meat-fed softness, I discovered muscle tone: *What? I have abs under there?* Upon this unearthing came an awakening. For the first time in my life, I began searching for ways to get fit, and started to make simple swaps for healthier foods.

By thirty, I had it figured out. Sort of. My muscles were more defined, I had finally shed the "baby fat," and I was onto something. I started to schedule my workouts in my calendar like appointments. I regularly ate egg whites, no butter (shocking!), and integrated whole grains into my daily diet.

Halfway into this new decade, I had my first daughter. Pregnancy and breastfeeding made me hyper-aware of what I put into my body. After my second daughter, I was in the rhythm of things. At forty years old, I am still learning about the best and newest finds for a healthy lifestyle—omega-3 via chia seeds and flaxseeds, kale, spinach, and Greek yogurt.

At forty, I am leaner and keener than I have ever been. I truly found my best body. That is what it is about. Not being a specific size, not starving oneself, but aiming for 150 minutes of exercise a week or more; making good meal choices and still having dessert every day; eating and living healthfully; and enjoying life. Here's to your health!

Samantha Harris is an Emmy-nominated TV host who is best known for her eight seasons on *Dancing With the Stars* and *Entertainment Tonight*. Due to her passion for health and fitness, she recently became a Certified Personal Trainer. She is best known to her two little girls as "Mommy." For more about Samantha, visit Samantha-Harris.com.