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Samantha Harris

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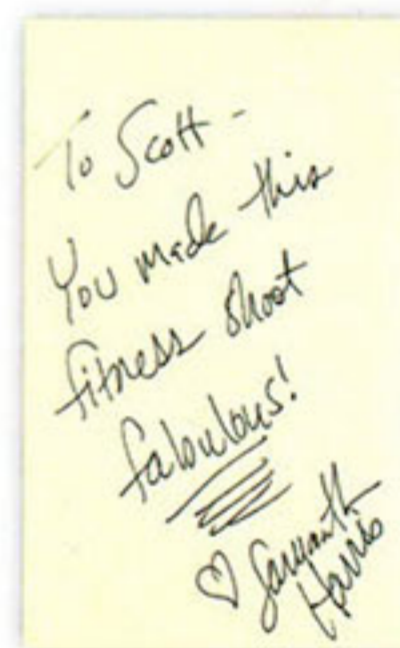


TV host, charity spokesperson, supermom—**Samantha Harris** balances it all with grace and style. At her photo shoot for *Women's Running*, she added another title: cover model! Is there anything this woman can't do?



THE REAL DEAL

This girl is fit, y'all. Between takes, hair stylist Adriana Tessler and makeup artist Lisa Zimmitti couldn't help but comment on Samantha's ripped abs: "Those are sprayed on, right? No way those are real!" (Believe it: They're real!)



CHOW DOWN

While reviewing pictures with photographer Scott Draper, Samantha and the crew noshed on healthy snacks like grapes, hummus, pita bread and smoked turkey. Everyone was hungry—the whole spread was picked over by the time the shoot wrapped!



WORKER BEE

Samantha arrived at the shoot with her publicist, Jane Negline. After lots of warm hugs and friendly smiles, Samantha got right to work, helping art director Erin Douglas remove tags from clothing and preparing outfits.

CELEB SIGHTING

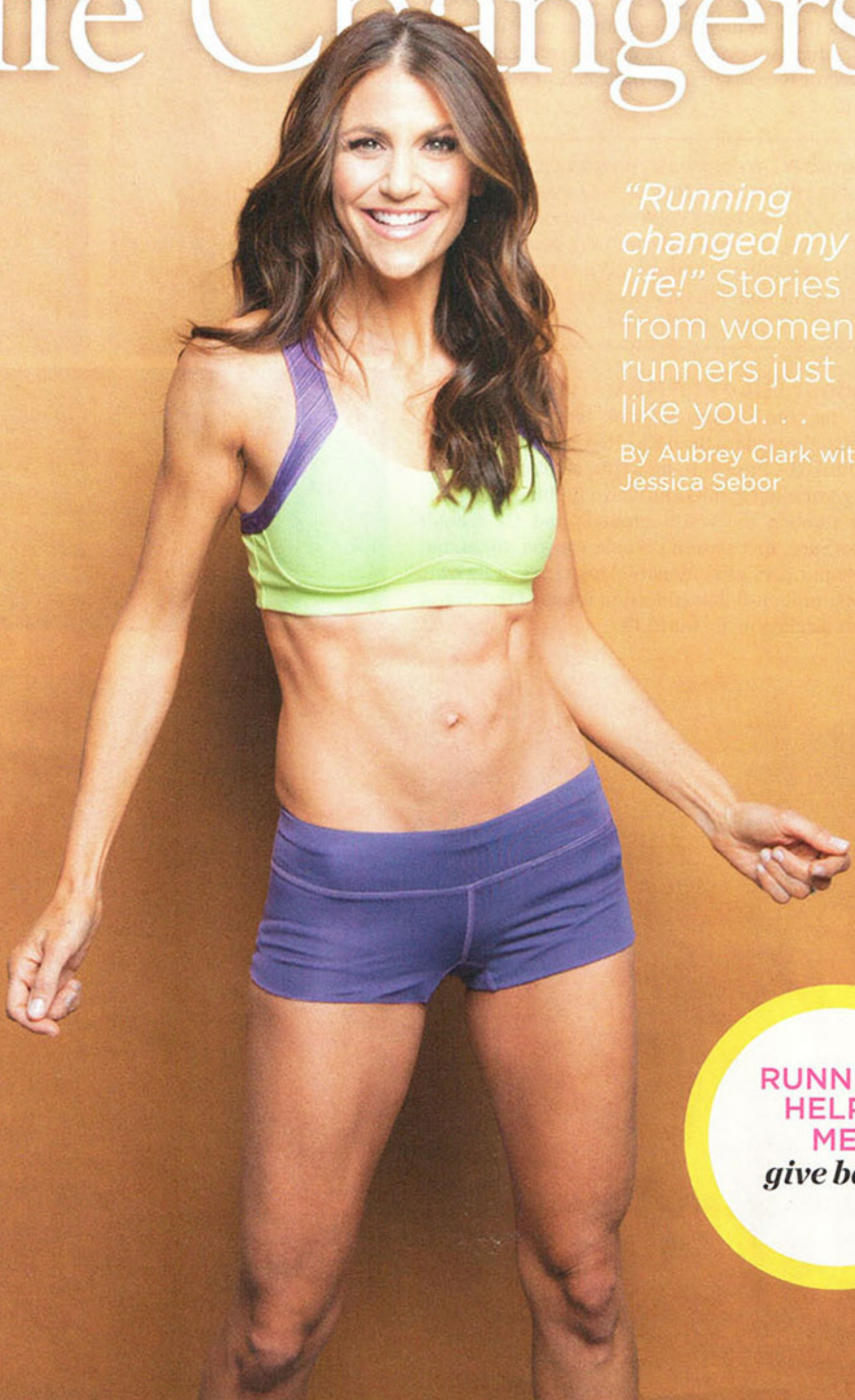
Photographer Scott Draper carries an autograph book as a fun way to chronicle his work. Samantha's kind note read: "You made this fitness shoot fabulous!"

TIRED? NO WAY!

In addition to chasing after two kids, Samantha ran a tough stair workout the day before the shoot. If she was tired, it didn't show—from the time she entered The Edge Studio in Los Angeles to the time she left, her energy was sky-high.



Life Changers



"Running changed my life!" Stories from women runners just like you. . .

By Aubrey Clark with Jessica Sebor

**RUNNING
HELPS
ME
give back**

SCOTT DRAPER



SAMANTHA HARRIS

AGE: 39
LOS ANGELES, CALIF.
ACTRESS AND
CORRESPONDANT

Fitness has always been a big part of my life. But I never thought of myself as a runner until I started dating my now-husband. On one of our first dates, he suggested that we go out for what I thought was going to be a walk, but he suggested we run. In a new relationship, you always want to try new things, so I thought I might as well! I was really surprised at how much I enjoyed it.

We've now been together for over a decade and have two children together. Running has turned into something special that we can share. One of our favorite things to do on weekends is to push our 2-year-old and 5-year-old in a stroller and run to our favorite breakfast spot. They're great little motivators. They like to yell, "Faster, Mommy, faster!" And if we stop for a walk break they shout, "Run! Run!"

I enjoy spending time outdoors with my family, of course, but what I really love about running is the culture of giving back. Running 5ks for charity

helps me to connect with causes I'm passionate about.

After I gave birth to my first daughter, I became hyper-aware of the struggles facing moms and kids. I'd been involved in charity work before, but having a child, I was even more driven to make the world a better place.

One of the first 5ks I did was for Susan G. Komen. We rallied a team together to support my grandmother, who's a nearly 30-year cancer survivor. Seeing all these women coming together for a united cause while doing something that's healthy really moved me.

I also trained for and hosted the March of Dimes' 5k Run for Babies, the goal of which is to improve the health of infants. I am thankful I didn't have preemies, but going through childbirth made me see the importance of prenatal care and the fact that so many women don't have access to it. The race was amazing. When you're running for a cause, there's something greater than the end goal, and that's incredibly motivating.

Because of my career (as a correspondent on *Entertainment Tonight* and the former host of *Dancing With the Stars*), there is definitely pressure to look a

MY BEST ADVICE

GIVE YOURSELF A BREAK

Running is intimidating! When you're first starting, tell yourself that it's okay to walk if you need to. If you allow yourself that pass, it's a lot less daunting. If you do a race and have to walk, you won't be the only one. It's a matter of finishing—not getting there first.

certain way. But even if I was never going to be in front of another camera again, I would keep running. It's a part of my life. It helps my mental acuity and my personal betterment. Plus, it's a way for me to give back and to be a good example for my children. After doing a race for Feeding America, I started volunteering with my older daughter at the Sova Food Pantry stocking the shelves. I hope one day she'll do a race with me as well!

In-Shape Secret

Samantha says the secret to staying in shape is "to do something different every day." Here are a few of the workouts she mixes into her routine.

Interval Training: When I run I'll often focus on changing the pace. I'll jog for a few minutes, sprint for a minute, then go back down to a jog. This keeps me interested and it's a great way to get your heart rate up.

Treadmill Boot Camp: This class at the gym is one of the hardest things I've ever done. It kicks my butt! I used to think running on the treadmill was boring, and before this class I'd stick to a 4.5 mph pace. Now I sometimes get up to 10.5!

Stair Sprints: With a busy schedule and two little ones, I try to squeeze in mini-workouts when I can. One of my go-tos is to run up and down the stairs in our 10-story parking garage for 20 minutes.

At-Home Videos: I do a variety of videos like cardio boxing and yoga. It's like going to the gym, but I don't have to leave my kids.

Want more health, time-saving and nutrition advice? Check out Samantha's "Mom Ambush" video series on pgeverday.com.