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Samantha Harris

A Hollywood Mom On the Go

Fitness, family, and entertainment encompass this Hollywood mom. She's hosted show after show after show, and she's still going... all the while looking absolutely fabulous. A health and fitness guru, she's always coming up with good tips, creating workouts, and giving great advice. She's on the entertainment council for Feeding America, she has her own jean pant through high-end denim brand DL1961, she covered Obama's inauguration amidst some of the world's greatest politicians, she has worked alongside Ryan Seacrest and Giuliana Rancic for E!, she's a red carpet pro, she has interviewed Tom Cruise as she rode on his motorcycle with her arms wrapped around his abs... Not too shabby, Samantha.

LR: So, how do you manage juggling everything?

Samantha: Um, it takes a small village. A lot of pre-planning I guess is what works the best. I want to be as hands-on of a mom as I possibly can be. Sometimes when you're working, it can make that very difficult. My husband and I really make the effort to be there for breakfast and dinner every day. It's not always possible, but I think that coming together, especially at the end of the day and spending a lot of time together on the weekends, really makes things flow.

LR: That's a good mentality. How are you able to fit working out into your crazy schedule?

Samantha: Well, fitness is definitely a priority in my life. It really cemented itself prior to having kids, which I think really helped a lot. As soon as I moved out to LA, I was able



Samantha Harris

to find what really works for me, which is different classes. Being in group activities like Zumba, yoga, or kickboxing, something with high energy and changing it up, keeps me motivated. Now it's second nature. I also schedule my workouts like appointments in my day or find holes in my schedule for it.

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Dancing With the Stars

Still In Harris's Heart

LR: What are some of your go-to workouts when you have zero time?
Samantha: One thing I love to do is stair climbing. It's an insane cardio workout. Even if I only have 10 or 15 minutes to do it, I'll go to the outdoor parking garage or wherever and then go back into the studio to quickly touch up my makeup. It really makes a difference.

LR: So, do you still watch *Dancing With the Stars* at all?

Samantha: I do! It was truly an amazing experience. It really made a big difference in my career and I enjoyed every moment of it. I definitely tuned in more when I first left for *Entertainment Tonight*, but I like to tune in from time to time. It's hard to find time to watch anything with two kids. But *Entertainment Tonight* was really the pinnacle job I had dreamt of growing up.

LR: Have you watched this season much?

Samantha: I have. I'm amazed with little Zendaya. She's quite incredible. Kellie Pickler, too. Really good. She's not a trained dancer, but she certainly looks like one.

LR: What would you say was the most fun part about hosting that show?

Samantha: I think being able to watch the live dance performances because I grew up where my mom was in a dance company and my sister danced. We all danced to some degree. I loved having a front row seat, especially in the dress rehearsals. Secondly, it's a girl's dream to get to dress up like a glamour girl every night and put on gorgeous gowns,



Samantha Harris

lots of real diamonds, gorgeous jewelry. It was fun to get all dolled up and dressed to the nines. I almost felt like a princess in a way, getting to dress up like Cinderella.

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The Broadway Bug

Samantha Harris Takes to the Stage

LR: Well, I understand you did some dancing yourself once on *DWTS* when you danced the jive?

Samantha: I did! It was a great experience, and the jive is definitely my favorite of all the dances because it has so much energy. It's fun. It's playful. It's also the one dance I thought I'd be able to master. Whether I did or not, I'm not sure.

LR: Since we're talking about the stage, tell me about playing Roxie Hart.

Samantha: Being on Broadway was a dream come true. I'm from a very theatrical family who loved Broadway musicals, and *Chicago* was a show that I grew up knowing the music from, so when the opportunity came to play one of the most iconic parts on Broadway, I was beyond thrilled. I still had to go back and audition before they officially gave me the job. Thankfully, it worked. It was definitely the most challenging part of my career, but the most rewarding.

LR: Okay, so I have to ask a Patrick Swayze question. What was it like dancing with him backstage?

Samantha: To even talk with Patrick Swayze, let alone dance with him, was a wonderful experience. He was cute, had such life to him. Little did I know, as I interviewed him backstage at *Chicago*, that I would have the opportunity to play opposite his character many years later.

Keep up with Samantha Harris at www.samantha-harris.com and follow her on Twitter: @SamanthaHarris.



Samantha Harris

—LAUREN WEIGLE