





70 An Active Girl's Guide to Yoga
Here's what you need to know before going to your local studio



84 So You Want to...
How to prepare for one of winter's most beautiful whole-body workouts

MOTIVATION



36 Cover Girl Revealed
See just how Samantha Harris made our cover four times

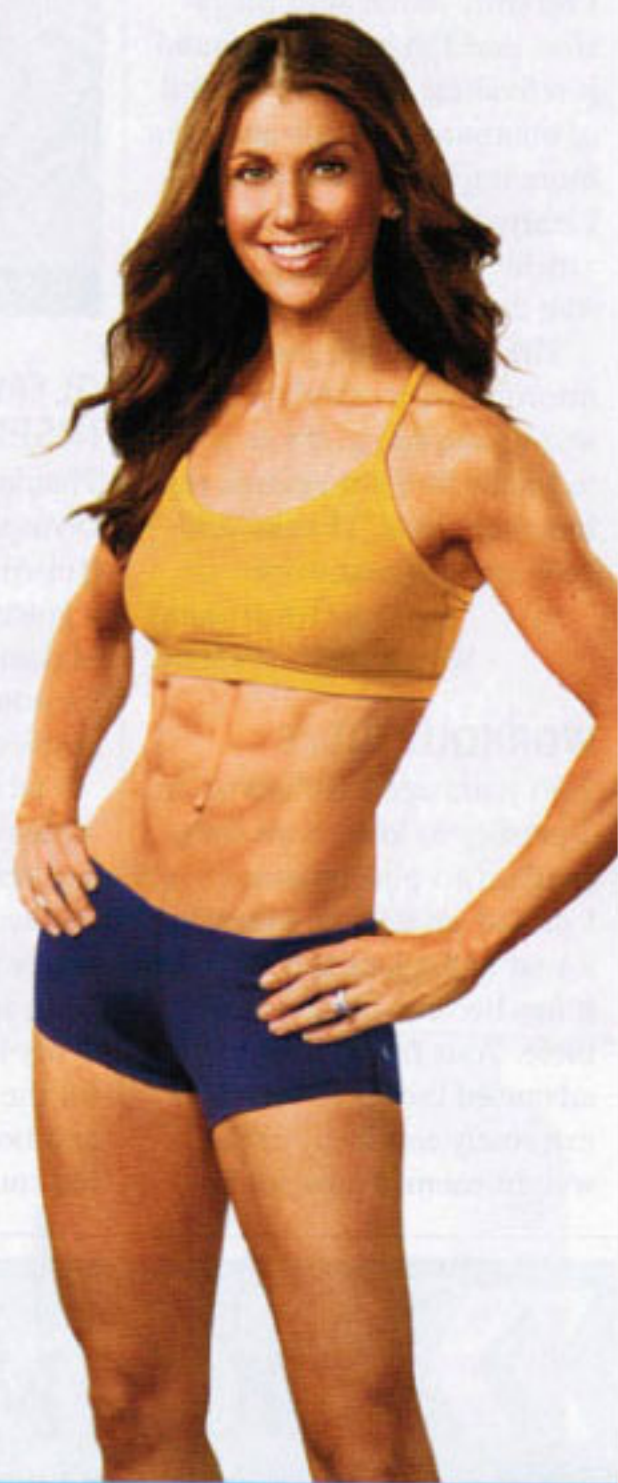
GYM BAG



20 The Fit Gift List
This year, reward your hard work with these gifts that'll ensure 2009 is your fittest year yet

ON THE COVER

Photo: Michael Darter
Model: Samantha Harris
Stylist: Christine Scarbo
Hair: Campbell McAuley
Makeup: Rebecca Schwedner
Apparel: Top and shorts by lululemon athletica



88 Twists & Turns

A closer look at the women of fitness and figure

90 For the Competitor

Fitness pro Jen Hendershott dissects the perfect routine round

ALSO IN THIS ISSUE:

- 91 Calendar of Events
- 92 Just the FAQs
- 96 End Result

Dancing With the Stars co-host Samantha Harris has graced our cover four times, including this issue, during her rise to stardom. Here's how fitness defines her

Cover Girl Revealed

By CAREY ROSSI | Photos by MICHAEL DARTER



Imagine a childhood spent backstage at concerts meeting Rick Springfield, Cyndi Lauper, U2 and Paula Abdul during the '80s and you'll get an idea of how Samantha Harris grew up. Her father Richard Shapiro organized rock concerts in Minneapolis and, with her mother Bonnie Harris Shapiro, started one of the largest renaissance fairs in the country.

Fast-forward to now: The blue-eyed brunette banter with Olympic athletes, reality-TV stars and musicians — whoever decides to take on the challenge of ballroom dancing in front of 30 million television viewers on ABC's *Dancing With the Stars*.



DREAM JOB
Harris is doing what she has always wanted to do: make a living in front of the camera.

"Being able to experience the theater and music scene from a personal and intimate point of view as a child influenced so much of who I am and what I wanted to do with my life," Harris says while sitting in the courtyard of the Los Angeles offices of E! Entertainment Television, where she has been a news correspondent for three years. "My parents were always in the business — as they said — of entertaining the masses, whether it was via rock concerts or renaissance fairs. It was always what I desired to do, as well. I've always wanted to be in front of the camera — I feel comfortable there. It has been a dream of a career that has just blossomed since then."

FITNESS FIRST

"I'm actually hoping to go to the gym," says Harris, clad in workout pants and a tank top. The now four-time *MUSCLE & FITNESS* *HERS* cover model speaks energetically as she discusses her part on the widely successful reality show that has spurred its own fitness movement. Gyms around the country have embraced dance classes or infused dance into existing fitness classes — something Harris knows a thing or two about. In fact, she cohosts on similar such classes as her main source of training. At one point during the interview, she breaks out into moves from one

of her favorites: Cardio Ball at Equinox Fitness Club.

"I get so excited when I receive a new schedule," she admits. "I say, *Oops!* What new class are I try? Really, it's so embarrassing. I highlight all the classes I want to attend, but my work schedule changes every day." Harris has even created a cheat sheet that lists the three gyms she belongs to, so she can quickly figure out which classes are available and when. (See "Samantha's Fitness Finds" on page 41.)

The classes help keep Harris' body in prime condition; judging from the last six years, during which she gave birth to her daughter Jocelyn (October 2007), her strategy seems to be working.

In July 2002, Harris appeared on her first *MAF HERS* cover. At that time, she renewed her commitment to fitness and it hasn't wavered since. "That was a turning point in my life," she says. "I had just gotten out of one relationship and into a new one with the man who eventually became my husband [Michael Hoss].

STRONG CORE

Harris uses the 100 of moves to strengthen her midsection.



I distinctly remember saying that I'm no longer letting my relationship dictate what my workouts are and when I can train."

Getting at least five days per week of physical activity is an important goal to Harris, even though it doesn't always happen because of professional and family responsibilities. But there was a time — before that 2002 cover — when she would take one class in the morning and then a 1½-hour yoga class that same afternoon. "I was exercising six, sometimes seven, days a week. That was a real time in my life; I actually enjoyed that. I felt really

strong, and that made me confident and powerful — as if I had power over my destiny and where I was going in life."

STEP BY (BABY) STEP

These days, Harris is busy with baby and husband while working one or two jobs 5-7 days a week. Even when *Dancing With the Stars* is in production and Harris is also working full time at E! News, she tries to squeeze in fitness — usually on Tuesdays, which is the results day for the reality show.

Before Harris heads off to make her

PRECIOUS MOMENTS

Whether singing or running stairs together, Harris' time with her baby is always pure joy.



"I always set a goal, but in the back of my mind I know that I'm going to do at least one more past that"

STYLING: CHRISTINE SCARRO; HAIR: VIBRICA JOURNALS; MAKEUP: CARROLL WILSON FOR JACO WELLS; TOP: WOLF; TOP BY MONROE DUCHESNE; BRACELET BY LARA DE REEVE; THIS PAGE: COLLAGE FROM TOP LEFT: MICHAEL O'NEILL; MICHAEL O'NEILL; MICHAEL O'NEILL



DEDICATION

When she's not at the gym trying a new class, Harris also finds time for fitness with her family.

late-morning call time, she puts Josephyn in a Baby Bjorn pappoose and takes to the stairs near where she lives. One set of stairs is 25 steps and the other is almost 40. She decides which set to tackle and then goes up and down for at least 20-30 minutes. "I just put my headphones on and sing songs to the baby. At 8 months, I don't know how much longer I'll be able to carry her up and down the stairs, but it gives me time to connect with her as well as get my workout in."

"I always set a goal, but in the back of my mind I know that I'm going to do at least one or two past that," she says. "It's just the way I've always been in life. I'll set an attainable goal, but I know that I want to press beyond it."

In addition, Harris has a set of weights, bands and medicine balls at home that she'll pick up when the baby is playing. She does 2-3 sets of curls and raises. "I do a lot of 'baby squats' while holding her. She has fun, but after five minutes, she's tired of it and wants to move on to the next thing; I'm exhausted and breaking a crazy sweat because she's getting heavy."

The regimen doesn't stop there. On the

WARRIOR: COLUMBIA; TOP AND BOTTOM: JENNIFER WATKINS; SHOES BY: BOSS BALANCE; COVER: PHOTOS: GUY; HAIR: LARRY LINDNER; MAKE-UP BY: LINDSEY LORRILL; STYLING: VJ BY: MARIE RUIZ



GO-TO MOVES A combination lunge, medicine-ball oblique twist and knee lift is among her favorite exercises.



EFFICIENCY The dumbbell squat to overhead press hits the quads, ham, glutes and delts.

COMPLETE PACKAGE Moving long, flowing lines, core strength and flexibility are all part of Harris' ultimate goal of optimal health and fitness.

COVER GIRL COMMENTS

"Preparing for these shoots is probably the toughest thing, because they require every area of your body to be in great shape," Harris says. "You have to pick up the workouts and intensify everything. But with each cover, it has gotten easier for me because I learned what I needed to do to prepare." Here, Harris looks back at the times she graced our cover.



July 2002

"It was a really fun shoot. I loved how sporty everything was and how they captured everything — I think it really looked like me. But it was the longest shoot day I've ever done. It was a 30-hour shoot, and I remember thinking, 'How many positions can I hold this skateboard in?'"



Jan/Feb 2005

"I really like this cover, as well. This is actually the cover that I thought — and now you're going to laugh — I wouldn't look fit enough for. Because I felt like my body — between the first cover in 2002 and this cover — had changed a lot. But looking at it now, it doesn't look like I was that far off."

April 2004

"I don't think this really looks like me — maybe it was the angle, maybe it was the expression. I thought the overall look was cool, and I was so excited to do a second HERS cover. I love the way my body was captured, the way the light was hitting my muscles — it's all about great lighting."



SAMANTHA'S FITNESS FINDS

ALWAYS BUSY AND ON THE GO, HARRIS HAS MULTIPLE GYM MEMBERSHIPS TO GIVE HER A WIDE SELECTION OF CLASS SCHEDULES TO CHOOSE FROM. HERE ARE SOME OF HER FAVORITES AROUND LOS ANGELES.

»» CARDIO BALL AT EQUINOX

"If I could take only one class, this would be it," she enthuses. Created by Michael Carson, the class incorporates a 2 1/2-pound ball for a half-hour of cardio and sculpting. As Harris describes it, this class is hardcore and time-efficient. "What I love is that you're moving the ball up, down and all around. You're doing lunges with it and squats like this [Harris gets up to demonstrate], and it's great and energetic. He's fantastic, and the energy in the room is fantastic."

»» REV AT THE SPORTS CLUB/LA

You must arrive at least 15 minutes before it starts if you want to squeeze into this popular class taught by Terry Simpson. He offers a 15-minute abdominal training class, then an hour cardio class. Although they're separate classes, devotees often stay for both. "People worship this guy. I really like the interval training — if I can get my butt to the class, that is."

»» BALLET BODY AT EQUINOX

"I forget how difficult ballet is," Harris says. "Not that it's strictly a ballet class; it's a gym class that's for anyone, but you're doing pliés, you're holding your arms out like a ballerina, you're doing some low kicks to the floor and you're squeezing those glutes. Just holding my arms straight out with my shoulders down, and my lats pulled back and in, is enough to leave me sore the next day. I love the pain...if I can feel it afterward, I know I really worked something."