

TRANSFORM YOUR THIGHS & GLUTES BY LEAPS AND BOUNDS

MUSCLE & FITNESS
Hers

FOR WOMEN WHO WANT MORE OUT OF FITNESS

**WORKOUTS FOR A
KNOCKOUT
BODY**

AMAZING ARMS AND ABS

Special Running Section

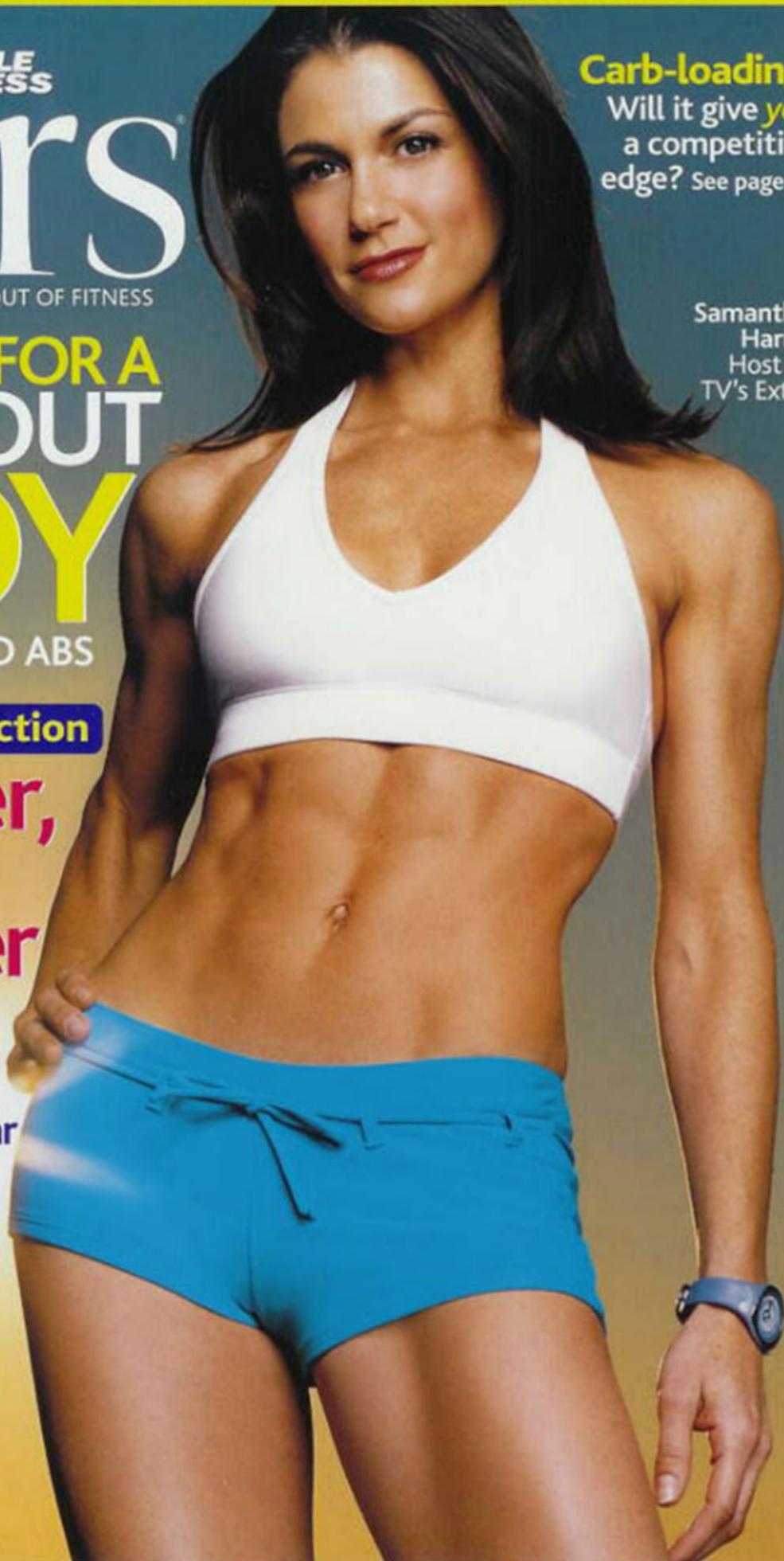
**Run Faster,
Stronger,
& Smarter**

- 3 Proven Programs
- 8 Essential Exercises
- Plus, the Newest & Hottest Running Gear

NOW REST
how to work recovery
into your routine

Carb-loading:
Will it give *you*
a competitive
edge? See page 40

Samantha
Harris
Host of
TV's Extra



\$3.99 USA \$4.99 CANADA



APRIL 2004

muscle-fitnesshers.com
Display until March 29, 2004

From the Set to Reps

Our cover model dishes the dirt on working out and life on the small screen. BY BRANDY D. COLBERT

Samantha Harris is really just moonlighting on our cover: Her day job is co-host for the entertainment TV show *Extra*. In a rare moment of free time, the Northwestern University (Evanston, IL) alumna lets us in on how she maintains those rock-hard abs and gives us the scoop on how she broke into the entertainment biz.

HERS: With such a busy, high-profile job like your *Extra* gig, how do you manage to stay in shape?

SAMANTHA HARRIS: Sometimes, especially now with a busy shooting schedule, it's harder and harder to get to the gym, but I find time because it's a priority. My fiancé is my favorite workout partner, and working out makes me feel alive and energetic. I think it's essential to combine weight training and cardio, but also change it up sometimes. Keep your body guessing.

HERS: So what is your workout program?

SH: Overall, I weight train two to three days per week with either free weights or a sculpt class, and I try to take at least two to three kickboxing or step classes a week for pure cardio burn. I love to hit the gym with a cardio sculpting class twice weekly to sweat and tone at the same time. Yoga is also important to me because it forces me to breathe.

HERS: How does diet figure in to your routine? What do you eat in a typical day?

SH: For breakfast, I'll have Total cereal with a banana and decaf coffee, or an egg-white omelet with veggies and hot chocolate. For lunch I'll have two chicken breasts or Total cereal. Dinner could be any of the following: a chicken burrito with veggies, chopped

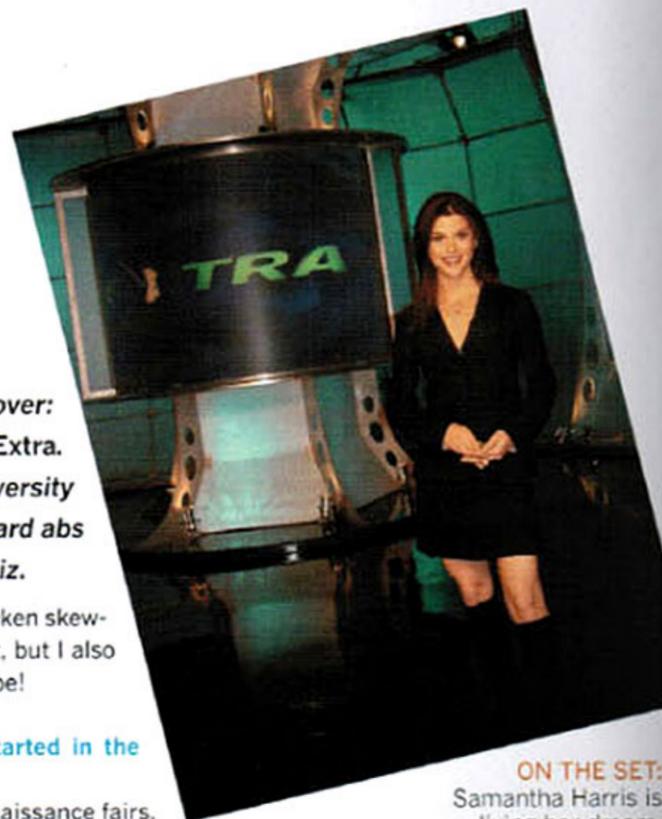
salad with turkey or Thai chicken skewers and noodles. I love to eat, but I also work out hard to stay in shape!

HERS: How did you get started in the entertainment business?

SH: My family produces Renaissance fairs, so I was born into a performing family. I started acting and modeling when I was 12, in Minneapolis, but it's been a long road of passionately working hard. I began working at my high school's TV department, learning everything I could, including editing. I then graduated from the journalism program at Northwestern University, which was very intensive and demanding. I moved to Los Angeles, and after focusing on acting for a few years, I hosted a few cable TV pilots that were never bought. Finally, one show for AMC stuck. After it got cancelled, the first thing I booked was a guest-hosting day on *Extra*, then two days on *The View*. I also met with producers for *The Next Joe Millionaire* in July 2003 and was off — 40 hours later — to Italy for a month of shooting. When I returned, *Extra*'s incredible producers called!

HERS: What are the best aspects of hosting such a wide variety of shows?

SH: I loved hosting *The Next Joe Millionaire*.



ON THE SET: Samantha Harris is living her dream.

Reality television is truly an incredible phenomenon and to be a part of it is amazing because it really takes on its own life. *The View* was a dream! I mean, it was Barbara Walters. And the other ladies were truly wonderful. The topics make it a tough show sometimes, so you really have to know your stuff. I had to stay strong and hold my own to get a word in. Now, at *Extra*, I'm where I've dreamed of being in my career since I was 16.

HERS: What has been your most exciting moment with *Extra*?

SH: Dancing and singing in front of Debbie Allen for her *FAME* reality show — I was undercover for *Extra*. And recently, I had the opportunity to dance with Patrick Swayze on the show. **ii**

Check your local listings to catch Samantha Harris every weeknight and on the hour-long weekend edition of *Extra*.

I think it's essential to combine weight training and cardio, but also change it up sometimes. Keep your body guessing.

