

HEALTHY HOLLYWOOD

IN STEP WITH...

SAMANTHA HARRIS



Wonder how Samantha Harris got this body? Behind the scenes, the co-host of *Dancing With the Stars* and *E!News* correspondent has an entire repertoire of stay-healthy strategies.

✓ **Find work perks** "The best thing about my job is watching all the dancing. My mom was in a dance

company, and I took ballet when I was young. I always say that in a roomful of regular people, I can dance. In a roomful of pros, I can keep the beat!"

✓ **Be a stair master** "When I can get outdoors, I love hiking or hitting "the Stairs," the famous stair climb in Santa Monica canyon. That's the best free workout ever. And once a week I take a class called Core Motion at Equinox gym in Santa Monica. You do cardio while continuously holding a medicine ball. Crunches bore me, but that hour keeps me motivated."

✓ **Do what moves you** "When Jerry Springer was a contestant on the show last season, he taught me that success is all about believing you can do anything—even if you look silly trying. The most important thing in life is to have fun." —CLAIRE CONNORS



Harris: co-host with killer abs

instant inspiration

WHAT THE PROS KNOW ABOUT EXERCISE

The WNBA tips off its season on May 19, but these top players work hard year-round. In honor of their campaign, *Be Smart, Be Fit, Be Yourself*, which encourages all women to exercise, they reveal the fringe benefits of fitness.

on confidence



TAMIYA CATCHINGS
Indiana Fever
"As a kid I had a speech

problem and wore hearing aids. Basketball helped me overcome my insecurities and allowed my life to blossom."

on ambition



NYKESHA SALES
Connecticut Sun
"I'm pursuing a career as a

real-estate agent. Training has taught me that it's my responsibility to push as hard as I can, both on and off the court."

on sticking with it



SUE BIRD
Seattle Storm
"Trying new things isn't

always fun, but it is important. I used to hate doing squats. But once I began to see the benefit in my game, I changed my mind."

on staying strong

