

A LIFE LESS ORDINARY

# bliss



## BELL YES!

**Kristen Bell** dishes on post-baby pounds and the newest love of her life

**S**he's a wound-up knot of ambition as Jeannie Van Der Hooven on Showtime's *House of Lies*, but actress Kristen Bell puts family first. When she and husband Dax Shepard welcomed daughter Lincoln to the world last year, the petite star (*Veronica Mars*, *Gossip Girl*, *When in Rome* and *Forgetting Sarah Marshall*) found her inner homebody and parental bliss. Bell sheds the new-mom weight with common sense and a sane routine. With a swiftly slimming physique and a levelheaded approach to fitness, she's got everything under control.

# MOMMY COOLEST

When it comes to body after baby, *House of Lies*' **Kristen Bell** firms up the old-fashioned way

She may play a shark on Showtime's hit series *House of Lies*, but in real life Kristen Bell is as down-to-earth as they come. That's not to say she doesn't have a competitive streak. As a child, Bell played baseball—on an all-boys team. And despite her high-profile career, Bell isn't resorting to extremes to shed her baby weight. She shares her hard-earned advice with *Watch!* — *Michele Shapiro*



**KEEP IT SOCIAL.** Hiking is currently my favorite activity. Los Angeles has such beautiful hikes and I always go with friends to socialize. On days when it's really hard to motivate myself, I call a friend.



**SLOW AND STEADY.** What surprised me most about motherhood is how all my other ambitions have taken a back seat. When it comes to the baby weight, I don't set time frames. My goal is to be happy; I'm happy when I'm fit, and I'm happy when I'm not obsessing. So I'm fine getting back into shape at a snail's pace. The bad energy surrounding wanting to be skinny isn't worth taking on.



**BECOME A RUNNER (OR AT LEAST TRY).** I just started running again. I feel like I say that once a year and it lasts for only a month. To change my body, the best thing for me is cardio, but I loathe cardio. I much prefer strength training. I try to get a 20-minute run in once or twice a week to boost my metabolism.



**GET CENTERED.** When I don't have a ton of energy, I either practice transcendental meditation for 20 minutes—which I find revives me even more than a nap—or I stretch to get my blood flowing.



**BEFRIEND YOUR KITCHEN.** I love cooking, which is much healthier than eating out. Of course I love french fries and cake, too. But being healthy takes practice. It takes awhile to form good habits, so I also cut myself slack. I love veggies ... and I love sugar. I've always been addicted to both. So as long as I can keep my sugar intake in check, I'm OK.



**LEARN TO BARGAIN.** On days when I'm not motivated, I make a deal with myself to be active just for a short period of time—I say, "I only have to run for 15 minutes; 15 minutes will go by so quickly. And after that I'm done." Then at least I get a little bit in.

## BONUS ROUND



**Lavender or mint? Vanilla all the way.**



**Heels or flats? Neither. Wedge sneakers, please.**



**Yoga or Pilates? Pilates.**



**Breastfeeding or bottle? Both, so mom and dad can each have that special time with baby.**



**Shower or bath? I'd love to say baths but they are a special indulgence so I can keep my water waste to a minimum.**

**HOUSE OF LIES** | airs Sundays at 10 p.m. ET/PT on Showtime.