

THE TALK
airs weekdays at 2 p.m. ET,
1 p.m. PT/CT on CBS.

Solo Act

Aisha Tyler may be social on *The Talk*, but goes it alone at the gym



At 44, there's very little **Aisha Tyler** hasn't accomplished. *The*

Talk co-host and multi-hyphenated magnate has been an actress, comedian, author, writer and music video director. It's no wonder she has trouble squeezing regular workouts into the mix. But Tyler, a high school and college athlete, knows the importance of exercise for staying at the top of her game. Here, she shares what works for her and why she never wants to be "skinny." — *Michele Shapiro*

WERE YOU AN ACTIVE KID?

I played outside a lot, but I didn't become an athlete until high school, when I ran track and cross country, and competed on the swim team during the off-season. In college, I rowed crew.

WHEN YOUR ENERGY'S FLAGGING, HOW DO YOU REVIVE?

I am not against a strong, well-made cup of coffee. Or three. I definitely avoid using sugar as a pick-me-up. That is a merry-go-round of heartbreak. Sugar always wins.

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DO YOU STILL LIKE TO EXERCISE OUTDOORS?

I train indoors almost exclusively these days. I go to a CrossFit gym or box, which I love. The workouts push me harder than I would ever push myself. More

than once I've collapsed on the floor [after a workout] and cursed out the rowing machine, or my trainer. But I always feel an intense sense of accomplishment when I'm done; it's nice to discover that my capacity for strength and stamina is deeper and wider than I believed.

SO YOU'RE A SOCIAL EXERCISER?

Actually, I prefer to train alone, because it's one of the few times a day I have any solitude. I've gotten a lot of CrossFit equipment for my home so I can do the workouts on my own. For instance, I swear by my kettlebell. Kettlebell swings are a killer total-body exercise—and they're fun as well. I do between 75 and 125 swings with a 35-pound bell several days a week.

[See Editor's Pick for one great option.]

IF YOU'RE NOT IN THE MOOD TO EXERCISE, HOW DO YOU MOTIVATE YOURSELF?

I actually really like to exercise, but sometimes I think that my time would be better spent working. When that happens, I remind myself that when I work out, I am more effective at everything else I do for the rest of the day, and of how awesome I feel when I'm done.

WEREN'T YOU REALLY INTO YOGA AT SOME POINT?

I discovered yoga about a decade ago. I used to have really bad chronic muscular back pain, so I worked with physical therapists and got massages, to no avail. Yoga all but eliminated that pain. I loved my practice, and it really helped me stay fit and calm.

WHAT ARE YOUR GO-TO HEALTHY SNACKS?

My favorites are roasted peanuts in the shell—I can eat an insane amount of those—or avocado on sprouted grain bread. I also love kale salad. If it's on a menu in a restaurant, I'll order it every time. Yawn.

YOU GREW UP IN A HEALTH-CONSCIOUS FAMILY. HOW DID THAT INFLUENCE THE WAY YOU EAT NOW?

To this day I really enjoy eating healthy. Don't get me wrong—my three favorite foods are chocolate, pancakes and French fries. But I don't eat processed, junk or fast food and I don't drink soda — I just never developed a taste for them. But probably the biggest legacy of my childhood diet is that I really love salad. Yikes. What an apple-polisher!

WHY DO YOU THINK IT'S IMPORTANT FOR WOMEN TO SHIFT THE FOCUS FROM BEING THIN TO BEING A BETTER PERSON?

There is no satisfaction in the pursuit of thinness. You always think you can be thinner, and you are always guilted yourself when you cheat or miss a workout. But helping others by contributing to the world offers sustained, deep satisfaction.



EDITOR'S PICK



EMPOWER 3-IN-1 ADJUSTABLE KETTLEBELL

Start training like Tyler! This space-saving, variable-weight kettlebell can be configured to 5, 8 or 12 pounds, and comes with the Swing Yourself Fit Total Body Workout DVD.



BONUS ROUND



Shower or bath?
Shower



Lavender or citrus?
Citrus



White or red wine?
White



One piece or bikini? Bikini

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