

SCOTT FOLEY

The *Scandal* star spills some secrets about getting healthy and his love of Life (the cereal, that is).

A few years ago I cleaned up my diet by cutting out red meat, dairy and caffeine, and lost 25 pounds. When I go to Starbucks—it's a daily habit—I get decaf. And I stopped drinking soda. Those 25 pounds have made a huge difference in how I look and feel.

The one thing I can't resist is sugar—cookies, chocolate and especially cereal. I can finish off a box of Life or Frosted Mini-Wheats if I'm not careful. I joke that anything I open is a single serving.

I hit the gym three, four times a week for an hour—any more than that and I get bored.

Being fit means I have more energy for my kids (Malina, 5, Keller, 2, and Konrad, 3 months). On the other hand, my favorite mornings are those when they don't wake me before seven.

I encourage my children to eat healthy and exercise, whether it's running around outside or jumping on the trampoline. But mostly I just want them to be happy.

Ninety percent of how you look and feel is what you put—or don't put—in your body.



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