

We love her as Charlotte in *Sex and the City*. Who knew that in real life Kristin Davis has been hiding killer abs underneath those sweet designer dresses? Here, she shares the workout that keeps her slim and super motivated.

# CITY SLEEK

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# KRISTIN DAVIS

is proud of her curves. "I have hips!" she says. "I'm never going to be the thinnest actress, and I don't want to be. When you're at peace with yourself and your body, you're automatically more confident." To stay in shape, she alternates between hiking, yoga, Pilates and cardio, depending on her mood. "I can't just hop on the treadmill," admits Kristin, 45, who reprises her role as Charlotte in *Sex and the City 2*, which opens in theaters on May 28. "I need to mix things up and enjoy what I'm doing."

## What was it like to pose in a bikini for our cover?

I'm not going to lie. It was very intimidating. There are people who feel comfortable in bathing suits, and I don't know how they do it. I worked with Kristen Bell and Malin Akerman on the movie *Couples Retreat*, and they didn't care about standing around in their bikinis for days. The guys in the movie were more self-conscious than they were!

## Did you step up your workout to get ready?

Sarah Jessica Parker introduced me to trainer Tracy Anderson's gym in New York City, which is great for me because they change the workouts every 10 days. My favorite is using the stretchy elastic bands. They strengthen and tighten all parts of your arms without bulking you up. They also work on your core and posture. You end up feeling really strong.

## Are you and Sarah Jessica workout pals?

At times. Sarah Jessica doesn't need a support buddy. She's one of the most motivated people I've ever met, and she has an amazing body even when she doesn't work out; though like the rest of us, she doesn't feel that way. For me, it's more fun when I have someone to go with.

## What do you do when you can't make it to the gym?

At home I do the elliptical for 30 to 45 minutes, lots of planks for stability, and yoga and Pilates for my core. When I'm traveling, I do jumping jacks with resistance bands and a leg workout where all you need is a chair. (See Kristin's favorite do-anywhere moves on the next page.)

## Did you become a runner because Charlotte on *Sex and the City* was one?

I actually started running when I was cast on *Melrose Place*. I wanted lean legs, so I got a coach and I'd go up to Santa Barbara and run seven miles on the beach. I loved running outside, but I got so many ankle injuries over the years that I've had to take a break from it.

## How do you psych yourself up to work out when you don't want to?

I remind myself that the endorphins will make me feel better. Even if I'm

in a bad mood or I'm tired, I try to do something active for at least 20 to 30 minutes.

## What's your idea of exercise heaven?

I love hiking with my dogs Momma and Sam, two mutts I rescued. And I do yoga.

## What do you consider fitness hell?

Aerobics! I've tried to do the routines, but I'm not that coordinated. Just saying the word *routine* makes me anxious.

## What do you like best about your body?

My deltoids. That area is not the easiest place to get definition, so toning it gives me a sense of accomplishment.

## What are your go-to healthy foods?

I eat a lot of chicken, salmon, eggs and side salads. But if all I ate were salads every day, I'd shoot myself. Who cares if you can fit in your skinny jeans if you can't enjoy life and have something good to eat? I went through periods when I said I can't have this, I can't have that. Now I don't deprive myself. Food is meant to be enjoyed.

## If you could indulge in anything, what would it be?

Chocolate! I especially love M&M's. These days, if I want some, I eat them. When it's hot in the summer, I have to have my ice cream. One trick I've learned is that if I have an ice cream bar, I'm OK having four bites and then throwing it away. I don't need to eat the whole thing to feel satisfied.

## What's the most surprising thing about you?

I've adopted a baby elephant named Chaimu. When I was in Kenya, the group I was with found her all alone, which is a very bad thing because elephants always travel with their families. I helped take Chaimu to the David Sheldrick Wildlife Trust's elephant orphanage. I help pay for her upkeep and veterinary care. I hope to go back to visit her this summer.

## What's the worst rumor you've read about yourself?

That the cast of *Sex and the City* hates one another. We're standing so close during filming that we touch for 18 hours a day, and then people want to say we don't get along. It's the funniest thing in the world.

### KRISTIN'S GET-PUMPED PLAYLIST

- "TIK TOK," KE\$HA
- "BAD ROMANCE," LADY GAGA
- "EMPIRE STATE OF MIND," JAY-Z WITH ALICIA KEYS
- "I WANT CANDY," Bow Wow Wow
- "ARE YOU GONNA BE MY GIRL," JET
- "MISS INDEPENDENT," KELLY CLARKSON

# SETS AND THE CITY



"I love this squat because it's dancer-inspired and doesn't make my quads look as if I'm an Olympic speed skater," Kristin says.

Kristin swears by these five moves to sculpt from head to toe. The evidence? Just check out her abs on our cover!



## Squat With Leg Lift

**TARGETS** butt, legs

- Stand about 3 feet behind a chair with feet slightly wider than shoulder-width apart, toes pointing forward, arms by sides.
- ▲ Lower into a squat as you bend forward from hips and reach arms to lightly hold seat back in front of you so that your back and arms are parallel to floor. (Keep shoulders down so that blades kiss in back and knees behind toes; squat no lower than 90 degrees.)
- ◀ Maintaining bent-over position of torso with arms extended, straighten legs and lift left leg, toes pointed, behind you so that it's parallel to floor.
- Return to squat and repeat.
- Do 30 reps. (MAKE IT EASIER: Do 15.) Switch legs, repeat.



"I always try to get that deltoid cut at the top of the arms," Kristin says. This targeted shoulder shaper helps her do the trick.

## Shoulder Rotation

**TARGETS** shoulders

- Stand with feet hip-width apart and raise straight arms directly out to sides slightly below shoulder level, palms facing up and fingers spread apart.
- ◀ Keeping arms stretched out to sides and without twisting wrists, rotate arms forward at shoulder joint until palms face behind you. Really reach outward with fingertips throughout move and keep shoulders down.
- Rotate arms back to start position to complete 1 rep.
- Do 30 reps.



"We were in Morocco shooting *Sex and the City 2*; I couldn't run, because it was so hot and we were working long hours," says Kristin, who instead sneaked in her cardio by doing these jumping jacks in her hotel room.

## Iron Jumping Jack

**TARGETS** shoulders, abs, legs

- Stand with feet together, holding a 2-pound dumbbell in each hand, elbows bent so that weights are in front of shoulders, palms facing each other.
- ◀ Jump feet out to sides, landing with feet wide, as you press dumbbells overhead to form a V-shape with arms.
- Lower weights to shoulders as you jump feet together.
- Do 30 reps.



"From years of wearing five-inch heels, I have instability in my lower back," says Kristin, who spent many hours a day in stilettos for *Sex and the City 2*. "This move helps strengthen that area."

## Plank Reach

**TARGETS** back, abs, obliques

- Start on floor in plank position, balancing on forearms and toes, forming a straight line from head to heels.
- ▲ Lift right arm off floor and extend it forward at shoulder height as you lift left leg behind you so that it's parallel to floor, toes pointed. Hold for 10 counts, then lower to return to plank. (MAKE IT EASIER: Raise right arm, hold for 10 counts, lower. Raise left leg, hold for 10 counts, lower.)
- Switch sides and repeat to complete 1 rep. Do 10 reps.

## Scissor Crunch

**TARGETS** abs, obliques

- Lie faceup on floor, legs extended with toes pointed, right leg crossed over left at ankles.
- ▼ Place hands lightly behind head, elbows bent out to sides, and pull in abs as you crunch up.
- Do 10 reps. Switch legs (cross left leg over right) and repeat.



**VIDEO BONUS**  
Go behind the scenes with Kristin at our photo shoot. Watch the exclusive footage at [bettertv.com](http://bettertv.com).

Kristin regularly does this long-and-lean crunch to help keep her abs flat.