

Cover Celebrity

# Extra! Extra!

Photo: Marina Chavez ©2007 Warner Bros. Ent. Inc. All rights reserved.

In between hosting television's *Extra* entertainment show, landing the best celebrity interviews on the planet, and raising her 2-year-old daughter and 1-year-old son, Emmy award-winning journalist Dayna Devon somehow finds time for fitness and natural health. But nobody said it was easy – it's taken Dayna her whole life to overcome her weight-management struggles. Today, Dayna and her husband, plastic surgeon Dr. Brent Moelleken, rely on intelligent strategies and some clever shortcuts to ensure that good health is never lost in the shuffle of their busy schedules.

## Read all about Dayna Devon's healthy balance of family, fitness, and career.

By Shannon Riley

Along the way, Dayna maintains a well-balanced, low-fat diet, exercises with a trainer several times a week, and walks with her family, particularly on the weekends. Paying careful attention to nutrition, Dayna takes Omega-3 oils, B-vitamins, folic acid and other vitamins daily – while also making sure her kids take children's vitamins. *HealthSmart Today* sat down with Dayna to discuss her family well-being secrets, her inside scoops on healthy celebrities, and the highlights of her award-winning career.

**HealthSmart Today:** You're an extremely busy working mom ... how do you stay energized?

**Dayna Devon:** At the moment, two things are keeping me energized: fruits and vegetables. I eat complex carbs,

healthy fats and proteins as well, and I'm really trying to cut back on my sugar. But eating more fruits and vegetables... I believe that's why my energy level has been greater lately. You know, I'm so fascinated with health and nutrition. I've been doing a lot of reading about cancer, and it seems like one of the things that every single person says over and over again is to take a preventive approach by eating fruits and vegetables. When you recognize your health is a direct result of your diet, and that diet is something you can control, it can make a real difference.

**HST:** Are there healthy celebrities that you've covered that have inspired your own fitness efforts?

**DD:** One of the celebrities who really inspires me is Felicity Huffman, along with her husband, William Macy. First of all, they're such a lovely couple – they exercise together, and in fact they recently did a triathlon together. Felicity is on a show with all these skinny, skinny girls... and she is muscular, healthy, thin, and cut. She's got these "Madonna arms." Speaking of which, I think Madonna is a big influence on me as well, just in terms of making muscles and fitness beautiful. The last concert of hers I went to, she did yoga poses on stage; she's incredibly flexible. Heather Mills McCartney also inspired me, in terms of how we impact the environment. She helped me understand how unhealthy dairy farms can be and how many different nutrients we can get from soy.

**HST:** How do nutrition and supplements factor into your family's life?

**DD:** A while ago I started doing this diet delivery service called Sun Fare; it's three meals and two snacks per day brought to your door. It's such healthy food, stuff we probably couldn't fix for ourselves, given our schedules. The meals are full of good fats, vegetables, protein... it's phenomenal. As for supplements, I take a power pack for women. It's got everything in it, even whole food concentrates like spinach and blueberries. For my kids, they love candy, so I have been giving them gummy vitamins.

**HST:** Are you concerned that both of your kids have a sweet tooth?

**DD:** You know, it's as if they are programmed to like bad fats and anything that looks like it's candy; sweet, fluffy, trans-fat laden foods. It's a constant battle to not reward their behavior with candy. My husband recently got so fed up with all the sugary cereals in our house that he threw them all out and bought healthy whole-grain cereals instead. So yes, it is a day-to-day battle worrying about my kids' diet.

**HST:** Can you discuss your personal fitness regimen?

**DD:** I have had a trainer for years. I feel like if I ever left him I would have to pay him alimony! We try to get together three times a week – that is the ideal. In the interim, I try to get cardio through a variety of ways. For me, the most effective is running – it's the closest I get to a "workout high," I think because it makes me really sweat. We do a lot of walking as a family. We load the two kids into a double stroller, and pushing that stroller with two kids and all of our stuff... it's a really good workout! As a family we also hike and swim. A lot of times I'll do my homework on the treadmill – I'll TiVo shows I have to watch for work, and since I only have a TiVo in my workout room, I figure why not get on the treadmill. We also have an elliptical machine and I use something called a fluidity bar; it's kind of like a ballerina bar that I use to stretch and exercise my lower back, abs, and butt.

**HST:** What's your philosophy on healthy weight management?

**DD:** My whole life I've struggled with weight. We had off-campus lunch in school, and my friends and I had no money – so we'd go to fast food places and order off the 99-cent menu. Basically we'd be eating a cheeseburger, fries and a shake – 3,000 calories at lunch. I never had to worry about it, but the second I hit puberty it was like I put on 30 pounds overnight. It was unbelievable! And then I went to college and put on a little bit more. But one summer, I went home and mimicked my mother, who was in great shape, very fit. That summer I ate every-

## Cover Celebrity

thing she ate. She worked out every day, so I'd work out with her. We'd go on these long walks and talk; I got really close to her. I got my weight down that summer, and from then on, I've learned how to keep it under control. For the last few years, with the exception of pregnancy, I've kept my weight stable. Something else that works for me: I step on a scale every single morning. If I don't, I can go into a denial phase where I just don't pay attention to it. Stepping on a scale makes me accountable every single day.

**HST:** There seems to be a theme of family fitness in your life . . .

**DD:** Yes. I think that no matter what you do around your kids, they pick up on it. I try to incorporate fitness into my family. I want my kids early on to be conscious and aware of their bodies; I want them to take care of their bodies in a way that I did not. So we spend a ton of time with our kids, we always eat together, and we always walk together.

**HST:** What have been your favorite celebrity interviews and why?

**DD:** There are so many that I've loved for different reasons. We did the first interview with Heather Mills McCartney after she separated from Paul. It was truly the first such interview in the world. It was interesting . . . I knew it was big, but while we were doing the interview at the Four Seasons Hotel, somebody from the UK was outside picking up our signal on a wireless device. They tapped into our conversation! They recorded the interview and were trying to sell it overseas before I was even back at the station. It made me realize how big that interview was. Other interviews . . . I loved George Clooney because he's an everyman. I recently sat down with Marcia Cross, and she was talking about her twin girls – it was sweet to see how

in love she is with her babies. Brad Pitt was lovely. The time I interviewed Oprah Winfrey I was almost speechless because I grew up loving her. Katie Couric was another one; I interviewed her when she was leaving *The Today Show*. She was an idol of mine then, and she still is an idol of mine today.



Photo: Charles Bush Studios

**HST:** What's your "Dream Interview"?

**DD:** I would love to sit down in-depth with Angelina Jolie, and I would love to interview Madonna. And you know what, I interviewed Britney Spears a long time ago, but I would love to spend two full days with Britney to see if I could mother her and nurture her a bit... and get her off all that fried chicken and fast food.

**HST:** What is it about your personality that helps celebrities open up to you during interviews?

**DD:** One of the things I heard early on about Oprah was that she really listened. She wasn't looking down at her notes; she was listening and really having a conversation. That's what I try to do. A lot of times the best follow-up question is revealed to you in the answer to your last question. So I really try and listen, and really try and respect them. I think if you respect these celebrities instead of going for the jugular or trying to get a story, they will respect you back.

**HST:** What's coming up on your horizon?

**DD:** I'm doing something called a *Life Swap* for sweeps week, and I'm going on *Oprah* on November 7th. It gets overwhelming to think about the future, so I try to focus on the present.

**HST:** You're such an accomplished, successful woman... if there were one special achievement story you could share with our readers, what would that be?

**DD:** You know, I recently slipped into a bad habit with my daughter where I was letting her have a lot of sugar and snacks out of packages. After a while, I noticed that when she was eating this way, her behavior was different. So we cleaned up her diet, keeping those sweets and snacks to a minimum. The other day she asked me for broccoli! I thought that was the greatest accomplishment of my life. And she said "please!" So "please" and "broccoli" together... that's a true milestone for me.

It is important to check with your health care practitioner before beginning any diet, exercise or supplement regimen.