

HOW
ACTRESS

Sarah Wayne Callies

STAYS FIT

ON THE WEB

See the yoga poses that keep Sarah's tummy trim at healthandwellnessclub.com.



Actress Sarah Wayne Callies of Fox's "Prison Break" is a new mom. And for the last six months, she's also been a working mom, pulling 14-hour days with some regularity.

Her secret to staying fit: Keeping exercise interesting. "I've tried to stick to a gym routine, but as soon as I get bored, I'm done," says Callies. "Now I try to have at least three things in the mix at one time to keep myself engaged." Here are her top picks:

HIKING. Callies solves the dilemma of whether to spend her off hours staying in shape or spending time with her family by doing both at once. "We live in the Los Angeles hills, and there is a great 3-mile hike by our house," says Callies. "These hikes are great on days when I don't have as much going on. But even on those busy days, if I have 15 to 20 minutes off, I try to squeeze in a walk."

PILATES. Two classes a week.

"This, along with one yoga class a week, is my baseline," says Callies.

YOGA. She started with hatha yoga eight years ago, then flirted with power yoga. More recently, she and some friends hired a private anusara instructor to run a class for them out of one of their homes. "The thing with yoga is, when the poses are done right, it's really beautiful. Your body looks sculptural. I enjoy it not just for the exercise, but also for the moments when I am able to allow and encourage my body to occupy that sculptural shape."

"The important thing for me is, at the end of the day, being able to feel in my body that I've lived."

Her overall exercise philosophy: Keep it simple. "There's a whole industry that's built up around fitness, and I believe it leads people to create contentious relationships with their bodies. It's really not that hard. Sometimes exercise is running after a toddler. The important thing for me is, at the end of the day, being able to feel in my body that I've lived."