

Fit & Famous

HAVING A BALL WITH . . .

Erin Andrews

Turn on almost any game this winter and you're bound to see svelte sportscaster Erin Andrews on the sidelines interviewing the day's MVPs. Long associated with ESPN, the 35-year-old Twitter all-star (she boasts more than 2 million followers) jumped to Fox Sports in 2012, where she covers college football, the NFL, and Major League Baseball. We spoke with Erin fresh off the field and got her to reveal her tricks for staying slim when traveling, the person she has to thank for her career, and how she plans to stay toasty during the 2014 Super Bowl.

By Mallory Creveling

"I do online Physique 57 classes in my hotel room when I'm on the road. I try to do one every day. They help make my legs lean and really shape my rear end."

"I would say NHL hockey is the most difficult sport out there. The guys are just freaks on that ice. The equipment is so heavy, and it's such a violent sport—to the point where I don't really like watching half the time. I just want my boyfriend [LA Kings player Jarret Stoll] to make it out of the game healthy."

"I'M PRETTY FAMILIAR WITH THE ENTIRE CONCOURSE AT MOST MAJOR AIRPORTS, SO I KNOW WHERE I CAN FIND HEALTHY MEAL OPTIONS. I TRY TO EAT WELL WHEN I TRAVEL, BECAUSE AT A BALLPARK I HAVE THINGS LIKE HOT DOGS AND BURGERS. WITH THOSE FOODS, IT'S ALL ABOUT PORTION CONTROL."

"I wear SPF 46 face cream and wish I'd started doing that 20 years ago. Now that I'm getting older, I can see the effects of sun damage—protection has become the thing I'm most proactive about, beautywise."

"For my Super Bowl wardrobe, we're trying to figure out how to make a puffer coat look fabulous. I want to be presentable, but I also want to be warm. If someone could design electric thermal underwear that's also slimming, that would be perfect!"

"My dad is the reason I have this job. He's a huge sports fan and I'm the firstborn, so he introduced me to his favorite teams. As I became a fan, I would say to him, 'I want to do this for a living.' We bonded over our love of the game."



Photograph by Patrick Fraser/Corbis Outline