

GETTING A LEG UP WITH...

Sofia Vergara

It turns out that the highest-paid actress on the small screen today is as family-oriented in real life as her *Modern Family* TV character, Gloria. So much so that the LA-based bombshell's 22-year-old son, Manolo, and niece, Claudia, sat in on her interview with *Shape* during a recent visit to New York. "I bring them with me whenever I can," says Sofia. "In our downtime, we like to explore the city and look for places to eat." Between photo shoots and café hopping, we asked Sofia to reveal how she looks *this* hot at 42. Hint: It involves some tried-and-true products—and relaxing the rules come Friday. **By Mallory Creveling**

"I started using Head & Shoulders—both the shampoo and conditioner—when I was in Colombia more than 20 years ago. I've loved their products ever since, and I believe in sticking with things that work. The company also keeps updating their formulas with new scents and technologies for thickness or shine."

"I've taken SLT [Strengthen, Lengthen, Tone] classes in LA for a while now. It's like an advanced Pilates, but it works for me because I have bad knees and it doesn't leave me in pain. It's good for people who aren't used to running or jumping. I also Spin or do TRX."

"I do have a good metabolism, but I know with age I have to watch what I eat. I usually stick to a healthy diet Monday through Friday, and on the weekend I indulge in things like a glass of wine or my favorite food—cake."

"I wish I could say I feel sexiest right out of bed, but it's really after I get my hair and makeup done. That's when I'm at my best."

Photograph by Walter Chin/Trunk Archive