

GET YOUR HEAD BACK IN THE GAME

# Ms. FITNESS

SUMMER  
2011

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## BOOTY BOOT CAMP

## THE QUEST TO STAY LEAN

*Nikki  
Crawford*

2011 UltraFlex  
Ms. Fitness USA



ask  
Tony Little

hair look dry and washed. I am also obsessed with the round Noxzema Pads. I probably use them at least three times a day to clean my face. I also use a lot of really great skin care lines for cleansing, exfoliating and moisturizing my face. I really like a line called Skin 2 Skin Care. Among many good products they have a nice White Tea Face Wash.



Photo by: Russell Baer



## He Said, She Said

By: Lisa Cocuzza

[www.itsaglamthing.com](http://www.itsaglamthing.com)

Sean Kanan plays the evil and scheming, Deacon Sharpe on CBS' "The Young & The Restless." This is the same role he originated on "The Bold & The Beautiful." Aside from his work on daytime Television, Sean is starring in the film, "My Trip Back To The Dark Side." He is also an accomplished stand up comedian. We asked Sean some questions about beauty, grooming & more from a man's perspective. Here is what he had to say.

**Q.** What physical feature of a woman are you most attracted to?

**A.** The first thing I look at in a woman is her eyes. The eyes are the gateway to the mind. You can tell so much about a woman's confidence and personality by looking into her eyes. Don't get me wrong, I am a man so I very quickly look at her body too!

**Q.** If your partner has a physical characteristic that can easily be changed, do you think it is OK to suggest a change? Have you ever had to suggest a change and if so, what?

**A.** I think if you have a strong relationship and it comes from a

place of love and caring, yes it is okay to suggest a change. I probably have suggested one in the past but I can't recall off hand. If it is something that they are aware of and have talked about, it is okay to acknowledge it, again as long as you are caring and sensitive about it.



**Q.** What's your favorite scent for a woman? What's your favorite scent for a man?

**A.** My favorite scent for a woman is anything clean and fresh. My girlfriend tried a scent the other day called Soulgasm. The name is "far out" but she smelled really great! For a man, I like to wear Gucci by Gucci.

**Q.** Do you think blondes get more attention than brunettes?

**A.** I think it is easier to be noticed as a blonde but I am partial to brunettes. I grew up in a town where everyone was Italian and ethnically more dark so the girls I knew and grew up with who were considered really pretty were always brunette. I guess I was sort of conditioned to like brunettes.

**Q.** We know that on set, you and your fellow actors are styled with the best designer outfits. Tell us who your favorite designer is and why.

**A.** My new favorite designer is Alexander McQueen. He recently died but his clothes have a great attention to detail. His suits are also cut and tailored to my body type. I really like Prada but they are tailored for more thin guys. I also like Gucci and I have a lot of Gucci suits.

**Q.** Actors sport the newest trendiest hairstyles. On a casual Saturday, away from work, how do you best like to wear your hair?

**A.** If I am not on set having someone fuss over my hair, I don't like to bother with it. At home and on the weekends, I throw a little water in my hair, slick the sides with my hands and forget it. So much of my life is having to be coiffed on screen so if I don't have to be on screen, I don't really care.

**Q.** Jewelry? Silver or gold? Diamonds or rubies?

**A.** For men's jewelry I like to wear silver or white gold with sapphires. I think the silver with the blue is really sharp and intriguing. I guess I like white gold the best.

**Q.** What would you rather kiss, lipstick or lip gloss?

**A.** Neither. I can't stand either one. They both look nice on a woman's lips but they have an oily taste that I can't stand. I like to kiss natural nude lips.

**Q.** What is your fitness routine?

**A.** I always try to follow low carbohydrate diet. At the gym if I am trying to lean out, I will do a lot of swimming, jumping rope, running and working out my abs. I don't lift weights because I bulk up really fast. If I am trying to bulk up for some reason, I will lift weights. I use a trainer about 30% of the time.

**Q.** Would you rather run on a treadmill or outdoors?

**A.** I would rather run on a treadmill. I like the discipline of going to the gym and on a treadmill I have control over the elevation. I don't like to run in general so I like to do it for a specific amount of time and then move on to other things at the gym that I like.

**Q.** What is your hands-down, all-out, total favorite food indulgence?

**A.** I am going to have to say that is probably fish and chips with lots of tartar sauce, malt vinegar and plenty of salt.

**Q.** If a celebrity endorses a product, are you more likely to buy it?

**A.** I suppose if I like the celebrity, psychologically I am more likely to buy what they are selling. We are all affected by marketing and publicity and I think Madison Avenue is so intelligent and clever about getting into our heads with celebrity endorsements. I would like to think I am not swayed by advertising tricks and tactics, but I think I am just as vulnerable as the next guy.

**Q.** Would you consider your own line of jewelry, fashion or accessory? If so, what would the line consist of?

**A.** Yeah, sure. It would be a watch. I am not real big on wearing jewelry except for a watch. I think a watch is something all men should wear. Most people use cell phones now days to tell the time so the watch has really become a piece of jewelry and not a timepiece for many men. I would sell a watch or perhaps cufflinks. I wear a lot of French cuff shirts so I really like cufflinks.

**Q.** What are your all time favorite beauty and grooming products?

**A.** One product I really like is dry shampoo. It comes in various brands. I use it when my hair is greasy and I don't have time to wash it. It is like a spray powder and it makes your



hair look dry and washed. I am also obsessed with the round Noxzema Pads. I probably use them at least three times a day to clean my face. I also use a lot of really great skin care lines for cleansing, exfoliating and moisturizing my face. I really like a line called Skin 2 Skin Care. Among many good products they have a nice White Tea Face Wash. Another line I like is called Système 41. They have a nice Rejuvenating Masque that works great on my face.



Photo by: Shannon Youngclaus

Emmy winner Judi Evans stars as Adrienne Kiriakis on NBC's "Days of our Lives". Judi has played Adrienne on and off again since 1986. In 2003 she returned to the show, but as a different character, Bonnie Lockhart. Let's see how Judi answers the same questions we've asked Sean.

**Q.** Which physical feature of a man are you most attracted to?

**A.** Physically I like the eyes and smile and inside, I like brains and a sense of humor.

**Q.** If your partner has a physical characteristic that can easily be changed, think a unibrow or bad hair, do you think it is OK to suggest a change? Have you ever had to suggest a change and if so, what?

**A.** Sure, if done gently. The closest to suggesting a change was asking someone to stop trimming their chest hair

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