FLAT ABS!
FIRM BUTT!
TONED LEGS!

Hot New Sex Positions
(Think Outside the Bed!)

Kerry Washington
Shares Her Energy-Boosting,
Body-Sculpting Secrets

How To Outsmart The Flu

Turn On Your Lean Gene

PLUS Perfect Party Dresses for Every Shape
Get-Fit Tricks

chired by Michelle Obama. She spent several days this past year stumpin for President Obama, which culminated with a speech at the Democratic National Convention in September.

“Today there are people trying to take away rights that our mothers, grandmothers, and great-grandmothers fought for: our right to vote, our right to choose, affordable quality education, equal pay, access to health care,” she said, standing at the podium, ever poised. “We the people can’t let that happen!”

“I looked at Kerry at the DNC giving that speech, and I just cried. I thought, ‘Look who she’s become!’” says V-Day creator Eve Ensler, who met Kerry a decade ago. “Kerry cares deeply about the world. She’s an activist. It’s her life; it’s not separate from her life. It’s a huge part of who she is.”

Back at a café in L.A., Kerry muses about how far women have come since the days of her Django character, Broomhilda. Olivia Pope “is arguably the most powerful woman in the United States, the opposite end of the spectrum with regard to education, power, and access. She is sort of the fantasy of Broomhilda,” says Kerry.

Still, as unflappable as she seems, Olivia Pope, like most women, has a soft side. “At the end of the first episode, she’s crying in a coat closet alone,” says Kerry. “I think that’s what a lot of us are dealing with in our lives—that we feel like we have to be so tough and so strong and have it all figured out. We live in a world where we do have the ability to be smart, bold, professional, talented women. But we also are vulnerable human beings, you know?”

Which brings us back to Pilates. Having a workout routine that strengthens and calms not just the body but also the mind helps Kerry achieve something most of us strive for: a life in balance.

She’s an Eco Maniac

Kerry likes her food clean and her home green. “I try to be eco because I want to feel healthy and feel good about the things that surround me,” she says. A few ways she’s friendly to the environment:

She keeps a “clean” house.

“I try to use non-toxic paints and do a lot of up-cycling and reusing stuff,” says Kerry, who has an affinity for organic-cotton sheets and furnishings made from reclaimed wood. She’s also a fan of Jessica Alba’s The Honest Company, which manufactures eco-friendly family and home products. “It’s such high-quality stuff,” says Kerry, who travels with the hand sanitizer and uses it after workouts. “She’s such an awesome woman for having done this entrepreneurial endeavor that comes out of being a mother.”

She looks for eco versions of everyday items. If you haven’t heard of Danny Seo, “he’s like the green Martha Stewart!” says Kerry. “I’m always calling Danny (and asking), ‘What’s the green version of this?’ He has these great new bamboo utensils—harder than maple and lighter than oak, as well as highly sustainable—and I just got a cutting board from him that I’m obsessed with.”

She hits the farmers’ market. “I like to buy produce that’s local and organic. I try to check out the farmers’ market in whatever city I’m shooting in. It’s a good way to eat local and be engaged with the community.”

She uses natural beauty products. Kerry gives a green thumbs-up to Tarle, a cosmetics line with natural ingredients and packaging made from recyclable or post-consumer recycled material. Her favorite product: Maracuaje Divine Shine Lip Gloss in Blushing Bride, a plummy rose.

WH Online Watch the behind-the-scenes video of Kerry’s WH cover shoot at WomensHealthMag.com/Kerry