## WebMD checkup

10 QUESTIONS ABOUT YOUR LIFE AND WELL-BEING

# STEPHEN MOYER ACTOR

You play a vampire in your hit HBO series, *True Blood*, kicking off its fourth season this month. So, are you squeamish at the sight of real blood?

Not. At. All. But I used to be. This show has erased any fears. Now I kind of relish the sight of blood after four years on the show. You learn to enjoy it after awhile. Especially when it's the sort of syrupy, strawberry, sugary stuff we have to eat!

#### You married True Blood co-star Anna Paquin last August. Is it tough working with a spouse?

We've only ever known each other in this scenario. When we're not on set together, that's the thing we've had to get used to. We're a team and we support each other...but sometimes it's like: "You're doing a scene with one of my best friends in bed today!" And you just have to deal with it—I was going to say like everybody else does. But the situation doesn't come up with most people, does it?

#### You're also a father, with two children from previous relationships. How have you integrated both families?

My kids are incredibly outstanding. The key with this stuff is you let the kids come through it at the pace they'll come through it. My daughter lives here, and my son lives in London. We get together every holiday we have.

#### Do you have a parenting philosophy?

For kids, the default setting seems to be to hide the truth. My job is: "Tell the truth." Because someday, something really big is going to happen, and you're going to hope they tell you the truth and don't try to cover it up.

You and your fellow vampires are forever taking off your shirts. How does a bloodsucker stay in such fine form? You've got impressive abs.

I actually don't, but it's sweet of you to say! I go to the gym. I've got a trainer. I train three times a week.

Have you had to give up those amazing English ales in the name of good nutrition and a flat stomach? Yep. When I've got a big scene coming up, the bread and potatoes go out the window.

### You're also on the big screen opposite Paul Bettany in the thriller *Priest*. Is it nice to bite into a new character?

It's a small part but a lot of fun. I'm not a vampire but someone who's affected by vampires. It seems I can't attach myself to anything that doesn't have sharp teeth at the moment. It's going to be really good.

#### Of the five senses, which do you value most, and why?

You know in the morning when you wake up and you smell your kids' hair? That sweet, sticky, baby aroma? It's just extraordinary. My boy is starting to develop that pre-teen, post-soccer smell we all know so well, and yet, you know what? If you told me I was never gonna smell it again—that's a horrible thought.

#### When and where were you happiest?

Last summer, the week before we got married, Anna and I went to a dude ranch and we went on a ride where you go out over these mountains to an amazing cooked breakfast in an adobe, where cowboys are singing around a campfire. On the way back we stopped at the top of this beautiful lake. I'd be hard pressed to imagine being happier than I was in that moment.

#### You're 41 now. How do you feel about aging in Hollywood?

I'm very happy with where I'm at now. I spent my 30s getting over the massive destruction of my 20s. By the time I got to 40, I felt like I had finally got rid of a ton of stuff I'd been carrying for a long time, on a personal level. It's cost me a fortune to get to the point where I am now, and I'm very happy to be here.—Lauren Paige Kennedy

Read Stephen Moyer's full interview.



