

PERSONAL BEST

Julianne Hough

THE ACTOR AND DANCER SHARES HER HEALTHY LIVING HABITS



Inside Out

"I think beauty comes from within. I hardly wear any makeup when it's just me or when I'm with my family. I wouldn't say I'm over makeup, though. If I'm going out I wear makeup. I sometimes get carried away. I tend to put more on than I need."



Snack Attack

"The craft services table is terrible! It's tough to be disciplined. If I'm hungry or thirsty—I don't always know which, I just know I'm craving something—I do an iced herbal tea. And almonds, always. I cut up vegetables and put apple cider vinegar on them, with salt and pepper. Or snack on some hummus."



Beauty Staples

"I love La Mer's tinted moisturizer, Voluminous mascara by L'Oréal—after every mascara I've ever used, I go back to that one—and L'Oréal's Crayon Grande Lipcolour—not lipstick, not a gloss. I'm obsessed! I own every single color."



Hough stars in Safe Haven, which hits theaters in February.



Dog Day Afternoon

"I travel with my dogs. They take my mind off of everything stress-related, and I get my playtime. I also sleep as much as possible and drink tons of water."

"I want to go to Africa, go on a safari, and do some philanthropic work. Get a better understanding of other people's lives."



Dinner Time

"I love any kind of fish. I bake it. I also love really thick asparagus. I cook a lot of it. I'll put it in a fry pan, add olive oil, some salt and pepper, and go to town. If I'm going to cook pasta, I want macaroni and cheese right out of the box!"



Work It Out

"Right now I'm loving SoulCycle. You sweat your butt off. I'm taking ballet classes again, and I love to swim. I'm also obsessed with the Woodway treadmill! You feel like you're gliding."

If her film career stays on its current trajectory—soaring—you'll soon know Julianne Hough, 24, as a leading lady, not just a country music star, former hooper on ABC's *Dancing with the Stars*, fitness guru, or even TV host Ryan Seacrest's girlfriend. After turning heads in the 2011 remake of *Footloose* and holding her own against Hollywood heavyweights Tom Cruise and Alec Baldwin in *Rock of Ages* last year, Hough (pronounced "huff") will soon grace big screens in a starring role opposite Josh Duhamel in *Safe Haven*, a romance adapted from the novel by Nicholas Sparks. Here, the Utah native shares her health and well-being tips.—**Lauren Paige Kennedy**

CLOCKWISE FROM CENTER: DOUG INGLISH/TRUNK ARCHIVE; PETER DA ZELEVY/GETTY IMAGES; JAMES AND JAMES/GETTY IMAGES; PIXELSNAP/VEER; ALEX CAO/GETTY; BERNARD JAUBERT/GETTY IMAGES