# WebMD checkup

10 questions about your life and well-being

# STANLEY TUCCI ACTOR

You'll soon be seen playing child murderer George Harvey (note: this is not a plot spoiler) in the film adaptation of the best-selling novel *The Lovely Bones*, opening in December. As a father of three, was this a difficult character for you to try on? It was the hardest thing I've ever done. I can't bear to watch anything where kids are getting hurt. I was up in the air about [accepting the role], but it's a beautiful story. It was a challenge, and I like a challenge. I'm glad I did it.

What's your own perspective on keeping your three young kids safe, and how much do you tell them to instill a healthy sense of wariness, without causing them to live in fear?

A little fear is OK. It's important for children to understand what they should and should not be afraid of.

#### What is your proudest parenting moment?

When I actually get the school lunches packed in time. I'd rather be a sous chef at Lutèce than pack those darn school lunches!

You've appeared in several food-loving movies, the recent *Julie & Julia* (2009) and your own film *Big Night* (1996). Are you a foodie?

My God, yes, I'm obsessed! We had some great food on Julie & Julia, particularly this amazing duck dish. But I don't have a favorite food. I love it all.

## Are you a health nut, in a health rut, or do you fall somewhere in between?

I believe in eating. I eat a lot. I drink wine. I love martinis. I eat meat and fish and pasta. . . . I also exercise six days a week. I run on the treadmill, do sit-ups, and do yoga. So it's about striking a balance. You've got to earn good food and good drink.

You've won two Golden Globe Awards and so many accolades. Is acting therapeutic for you?

Acting used to be therapeutic for me when I was younger, but then you have kids, you gain maturity, you see the world as a more complex place. I don't require the same energy now to act—I guess I don't need to—but I just love it.

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

My sight. I'm very visual. Once, my wife and I were in Florence at a museum and we noticed two older men standing a little too close to a sculpture ... and then we saw one of them touch the sculpture. And then we realized the man was blind, he was feeling his way around the artwork, with his friend describing it to him. I turned away and cried. It just broke my heart, that this man couldn't see such a beautiful thing.

#### When and where were you happiest?

My wife passed away earlier this year [from breast cancer]. So I would have to say waking up with her next to me in the morning, that's when I was happiest.

### Where do you see yourself in 10 years?

This year I've had to reassess my future, with my wife's death. Suddenly things look a lot less clear. ... Hopefully, I'll be sitting in a really good restaurant with a really good martini in a really beautiful setting.

If you were stuck in a hospital bed and you could have anyone, from any era, recovering next to you, who would it be?

Don Rickles. He'd keep me laughing!-Lauren Paige Kennedy

Read the complete interview at www.WebMD.com.

