

2008  
EMMYS

SAMANTHA HARRIS

# How I Got Emmy Ready

*E!* News and *DWTS*' Harris, 34, logged her two-week prep exclusively for *Us*

**September 6, 9:30 A.M.** I know I need more energy and to firm up for the show. When Josselyn [her daughter, 1, with financier hubby Michael Hess] takes her nap, I catch Equinox's Cardio Core Ball class. It's 30 minutes of hard-core sculpting and 15 minutes of abs and stretches.

**September 9, 8 A.M.** Had three strawberries, three slices of honeydew melon, five grapes and 1 ounce of chicken breast. My nutritionist, Christine Avanti, says to eat within an hour of waking. *E!* brought in Krispy Kremes. I'm using all my will-power to not even smell them!

**September 12, 7:35 P.M.** Training session with Patrick Goudeau at my house. It's the first time I've used a trainer!

**September 16, 9 A.M.**

I take an hourlong Ballet Body class. Lots of back work — my Emmy gown has a low-cut back!

**September 21, 8 P.M.** The Emmys were great! My husband and I skipped the parties and stopped for Chinese takeout at Xian. We were starving!



"I climb stairs with the baby," says Harris (in L.A. Sept. 3).



The 5-foot-4 Harris (on Sept. 3) is back to her prebaby size 2.

BY CAROLYN E. DAVIS, JESSICA MEHALIC & MONIQUE MENESES With reporting by Debbie Appel, Margi Blash, Leslie Bruce, Paula Carvajal, Carlene Davis, Brandi Fowler, Julie Haire, Jane Meeker, Ali Riley & James Vituska

Harris (in Zuhair Murad) doesn't count calories, but gets Sunfare meals delivered three times a week "for healthy food without having to think."