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Exclusive

**EVA
LONGORIA**

**ON LOVE
(AND BABIES!)
AFTER 40**

**Listen to
Your Heart**



**Heart-Healthy
Taco Time**
Page 4



**Top Tips for
Cancer Survivors**
Page 6



**What Bob Harper's
Heart Attack
Taught Him**
Page 2



**The Workout Tool
That Prevents Pain**
Page 16



**How to Get That Song
Out of Your Head**
Page 18

Happily *Eva* After

ACTRESS EVA LONGORIA ON FINDING LOVE IN HER 40S AND PUTTING FAMILY FIRST *By Nicole Pajer*

In the last year, Eva Longoria has worked as an actress, director and star of major ad campaigns. Now she's adding "mom" to her list of roles. The 42-year-old is expecting her first child with husband José Bastón later this year. In an Instagram post, she told fans, "I'm so grateful to my beautiful family for giving this new baby so much love already!"

Family has always been a priority for the star, and wherever she goes, she tries to bring her loved ones along for the ride. "I'm always integrating work and play," she told *Spry Living* in a recent interview. "My mom accompanied me to New York Fashion Week this year, my husband came to Paris with me when I shot for L'Oréal and we had some

really great dinners," says Longoria, who will appear alongside Anna Faris in the remake of the '80s comedy *Overboard* this spring. "I prioritize what's important!"

Her sister Liza inspired her latest undertaking: working with global healthcare company Novartis on a social media campaign to raise funds and awareness for metastatic breast cancer. "Liza was diagnosed with Stage 1, caught it with a routine mammogram, and is in remission. But one in three women who get breast cancer have it spread," says the Corpus Christi, Texas, native. In just two months, the #KissThis4MBC effort raised more than \$200,000.

Longoria chatted with *Spry Living* about supporting the breast cancer community, her most requested recipe and why every day with Bastón is like Valentine's Day.

My sister's experience taught me that every patient wants to be supported in different ways. If somebody you know is affected by cancer, ask them, "How can I

help you through this?" Everybody has his or her own individual journey and will have a different answer.

We are asking people to step forward and fund research for breast cancer. It's tangible and it's going to make a difference in finding a cure.

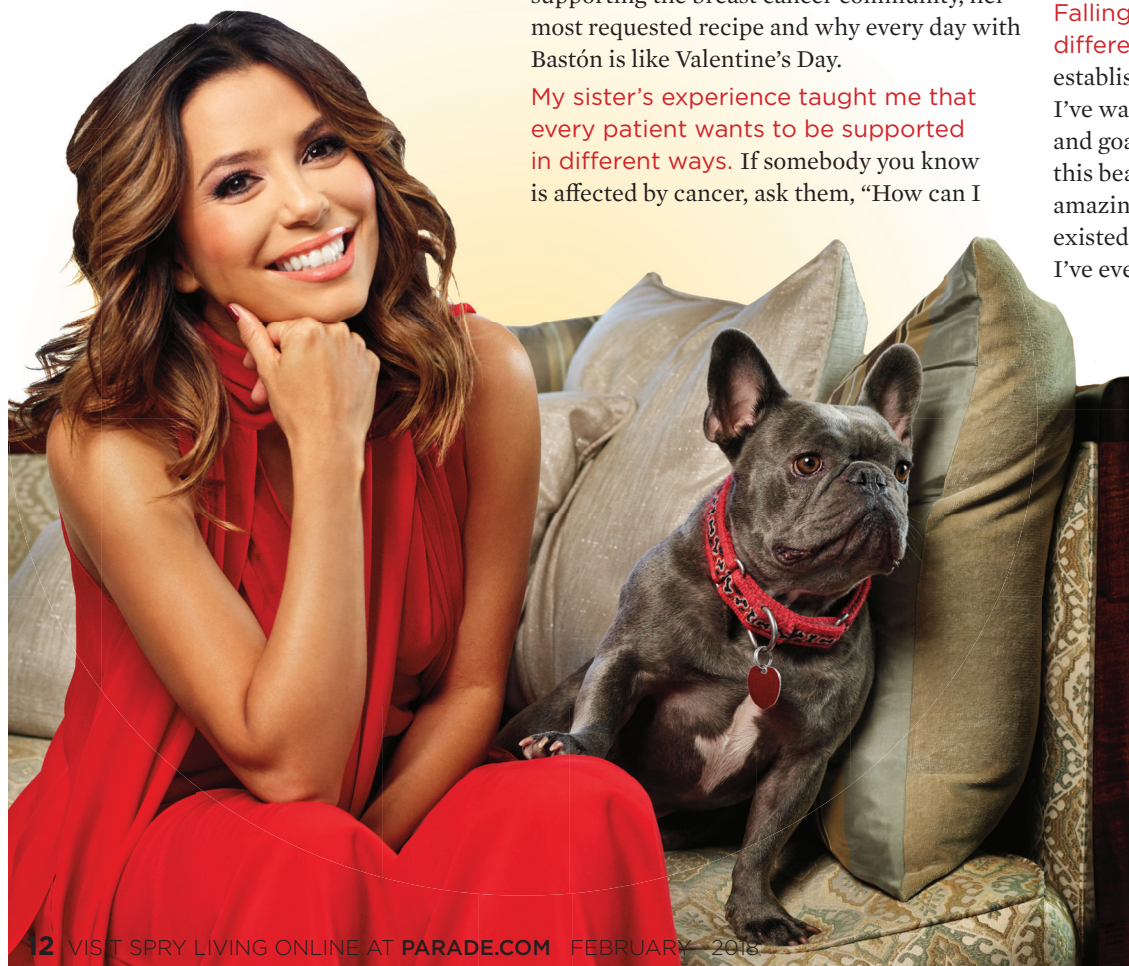
Giving back is a part of my DNA. Liza has special needs, so growing up with her I knew the word "volunteer" very early on in life. With everything that the community and organizations gave to my family, I've felt like the only way to repay that is to give back. Philanthropy and my charity work are going to be my life's work and my legacy. It's not something I do; it's who I am.

Falling in love in your 40s is very different than at any other age. I've established my career and accomplished what I've wanted to accomplish. I still have dreams and goals, but now I can relax and focus on this beautiful marriage that I have with this amazing human being that I never knew existed. Loving him is the easiest thing that I've ever done in my life.

I feel like every day is Valentine's Day for José and me because we do so much together. The best marriage advice that I've ever received was to be sure you laugh a lot together as a couple, and we do. We also work hard to put each other first.

I love cooking. Being in my kitchen surrounded by my family and friends and making a meal for them is one of the greatest joys of my life. I cook everything—Mexican, French, Italian—but my most requested dish is probably my tortilla soup. (Grab the recipe at Parade.com/tortillasoup.)

I love the wisdom that comes with age. I am a sponge. I'm



(Continued on page 14)

Magazine 5.75 x 9.125"

(Continued from page 12)



Longoria shared the first photo of her baby bump on her Instagram account, @evalongoria, on Jan. 1.

constantly absorbing new information, new cultures, new languages. We live in a global community today, so I want to make that effort to understand that global community: the building-bridges-not-walls approach to life.

If I don't sleep, I'm just not myself. I get eight hours of sleep, and that's really helpful in staying youthful and functioning at the level that I function.

I love getting behind the camera as a producer/director and creating opportunities for people. To be a part of that cycle of our economy makes me proud. I'm always pushing for diversity in Hollywood. This world is diverse and the storytelling that happens in television and film should be reflective of that landscape.

I'm proud to be a role model. You can't be what you can't see. So if more women or Latinos can see my story, then they may think, *I can be that. I can be like her.* It gives me great joy that I can possibly affect somebody going into higher education or somebody wanting to start a small business or graduate from college because they saw me do it.

I learned my work ethic from my mom and my dad. They are the two hardest-working people that I know, so I want to make sure that I make them proud. ●