

The Daily WD

blogs, tips & everything else you need to know

meet the team

WHAT YOU'LL FIND

Check in with us Monday through Friday for fun, recipes and inspiration. We'll wake you up with wise words of the day, keep you inspired to eat healthy with lunchtime tips from Hungry Girl and entertain you with a rotating series of blogs. Plus, everyday you'll have a chance to win a great prize and interact with our writers.

TALK TO US!

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July 05, 2007

How She Does It: Marie Osmond

Check back each week for tips and advice from a star we love.



Since she appeared on TV for the first time at age 3, Marie Osmond has always been in the public eye—singing and performing with her family, selling her line of dolls on QVC and working as the cofounder and cohost of the Children's Miracle Network, a charity that raises money for children's hospitals.

Now she's throwing her fame behind a cause that WD actively supports: educating women about heart disease. As the spokeswoman for Choose to Move, she wants you to know about the American Heart Association program, a 12-week plan with tips, encouragement and tracking charts to help

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you become more physically active. Go to choosetomove.org to read the blogs of real women who took the challenge and to sign up.

What do you hope to teach women through this campaign?

That choosing to move is not just about exercise, but it's about living. It's about truly understanding that heart disease is the number-one thing that kills us. My mom and my grandmother died of heart disease and my dad has two pacers. I have a couple of brothers who have it—but I don't think they'd like me to name their names! But it definitely runs genetically through both sides of my family.

You've started doing the program yourself. What have you liked best about it?

The way they help you do it. It's sensible, it's not ridiculous and it's not unattainable. The results are definitely there, and you start to realize that you feel better. I think I've lost four pounds or so already.

What do you do to stay heart-healthy and active?

I like riding my bike in the mountains, or I'll jump on the trampoline with my kids. I'm a pretty healthy eater. I have to be because of my genetic makeup, but I love ice cream. I like to freeze grapes and eat them. I feel like I'm cheating, but I'm not.

What's your favorite way to have fun with your eight kids?

I think that the world is so insane with television and Nintendos and all this stuff. I like to go into nature with them. It's one of the reasons I still live in Utah—I'm five minutes from some beautiful mountains and countryside.

I know you do a lot of quilting. Have you worked on any interesting projects recently?

I did a quilt for my mother. You know how people scrapbook? I used things like my first dress and the first necklace my dad gave her. You can't scrapbook that, so I made it into a memory wall quilt. Her

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favorite song was “I Wouldn’t Trade the Silver in My Mother’s Hair for All the Gold in the World,” so I hand stitched that, and put it on a staff and music notes with strands of her hair. Just wonderful things that were memories of who my mother was as a person. It’s really a neat quilt—very hip, very young, very different, and it shows people how they can save things without putting them into a book and on a shelf.

What's the last thing you do before you go to bed at night?

I always read my scripture. I’ve done that every night for four years now. And then always have that quiet time of—you can call it prayer, meditation, whatever you want to call it—but it’s a time to say, “Thank you.” I think you have to report to a higher source in everything you do, so that’s what I do.-*Jennifer Conrad*

What do you do to stay physically active? Let us know in the Comments.

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