

Actress and 'Full House' star in Oklahoma City to promote new book on fitness and health

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By Lillie-Beth Brinkman

Candace Cameron Bure is back on TV in ABC Family's "Make It or Break It," but millions of viewers first watched her when she played D.J. Tanner on "Full House" years ago.

A Christian speaker and author, the years of transition from childhood star to mom is part of the focus of her new book, "Reshaping It All," which details her own unhealthy relationship with food. She hopes to motivate others to get physically and spiritually fit. Darlene Schacht is co-author.

Bure, 34, will be in Oklahoma City today to sign and promote the book. She said in an interview this week that she wrote it after years of being bombarded with questions during public speaking engagements about fitness and weight.

The book offers a biblical perspective on appetite and self-control, although people of any faith can enjoy the book.

"God gave me this body, and really, it's an envelope for my soul," she said. "It doesn't matter what size I am — God's not going to love me any more or less depending on the number on the scale — but yet I need to take care of my body because He gave it to me. I can't utilize the body he gave me unless I'm healthy and fit."

The book offers a mix of practical advice, personal stories, recipes from her kitchen and details of her own struggle with food addiction and the effect it had on her childhood acting career and her life as a wife and mother.

Today, Bure said she's in the best shape ever. She returned to acting in recent years after a 10-year hiatus to raise her family. During the break, her faith grew and she started sharing her testimony as a speaker, she said.

Bure loves acting and since her return has been able to pick and choose projects that let her balance work and family. Last week, she finished shooting a TV movie for Fox called "Truth Be Told," which will air in April.

After her stop in Oklahoma City, she's headed home to Los Angeles, where she lives with her husband, Val, and their three children, ages 12, 11 and 9.

"All I want to do is drive my kids to school and bake cookies and make lunches and be the classroom mom, and that's it," Bure said. "I've been working a lot and desperately missing my family and kids and all the things that are most important to me, which are them."

Link: <http://newsok.com/actress-and-full-house-star-in-oklahoma-city-to-promote-new-book-on-fitness-and-health/article/3537931#ixzz2982Dp3y4>