



{ FULL HOUSE ALUM AND NEW YORK TIMES BEST-SELLING AUTHOR }

Candace Cameron Bure

ON HER REGIMEN FOR PHYSICAL AND EMOTIONAL HEALTH

INTERVIEW: ROBERT PIPER

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ROBERT PIPER: WHAT INSPIRES YOU IN LIFE?

Candace Cameron Bure: I'm always inspired by people who raise the bar, whether in their field of work, parenthood, or giving back. My husband and my children inspire me on a daily basis to be the best wife, mom, and woman I can be. People who have little, but much joy, inspire me.

RP: HOW HAS RAISING CHILDREN IMPACTED YOUR LIFE?

CCB: It's made me determine what I stand for, what I believe in, and who I want to be because, ultimately, I'm who they'll look to as an example. It's pushed me to walk the walk and practice life as I preach it. It's given me a compassionate and gracious heart for all children and people, realizing we don't always know the circumstances behind closed doors. It's made me more patient and selfless.

RP: HOW DO YOU STAY HEALTHY?

CCB: I always try to get at least eight hours of sleep each night. It's the best thing I can do for my body. I eat healthy and drink a lot of water. I eliminated most white sugar and dairy from my diet. It's done wonders for me not only in maintaining a healthy weight, but it's increased my energy levels and immunity. I use essential oils and take vitamin supplements. I work out three to five days a week. Emotionally, I stay healthy by being grounded in the word of God, being open and honest, never being afraid to speak my mind in love, and having good communication with those around me.

RP: HOW DO YOU STAY BALANCED?

CCB: I don't think balance is ever achieved in the full sense of the word. Life is more like a juggling act, spinning plates in the air, allowing some to drop, and picking them back up or adding new ones when the timing is right. Priorities and purpose help keep us on track. When we invest in the things that matter most to us, that are within God's unique design for each of us, I believe we will achieve a sense of balance in our lives.

RP: WHAT NEW PROJECTS DO YOU HAVE COMING UP?

CCB: I'm thrilled to be launching my new mystery-movie series based on the Aurora Teagarden books written by Charlaine Harris. The first movie, *A Bone to Pick*, will air on Hallmark Movies & Mysteries channel on January 11. I play Aurora Teagarden, a librarian and president of an unsolved-murder-mystery club who often finds herself in the midst of real murders. I always loved watching and reading family-friendly mysteries growing up, like the shows *Murder, She Wrote* and *Nancy Drew*, and am thrilled to be bringing these *New York Times* best-selling books right into your living room on the small screen.

Candace Cameron Bure is an actor, model, producer, and best-selling author of Reshaping It All.