

Kristin Davis

Actor

1 How did you get involved with the David Sheldrick

Wildlife Trust? I was visiting Kenya with friends in 2009, and one day, while we were on a safari, we came across an orphaned, injured baby elephant. Rescuers from the trust were notified, and so I saw firsthand the devoted work these people do—to save and rehabilitate these beautiful creatures—and it deeply affected me.

2 What's the one thing you'd like people to

know about the elephants? Because poachers are killing them for their ivory tusks, these beloved creatures are at risk of becoming extinct. I'm not sure people realize that they are truly at risk, and how bad the situation has become in many parts of Africa. Elephants have no natural predator, except humans. The black market ivory ring has gotten so bad. An elephant is butchered every 15 minutes, which leaves many baby elephants left alone to die.

3 You're a Global Ambassador for Oxfam

International. Do you ever feel torn between causes? The work is all very related, I think. Combating extreme poverty is at the root



Davis returns to TV as Ginny in the CBS sitcom *Bad Teacher*.

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of Oxfam, and if poverty didn't exist, much of the poaching could dwindle. Many of the poachers are poor people with limited choices but to engage in this practice. We need to protect everyone who is at risk.

4 Has your work abroad slowed since adopting your daughter, Gemma?

Only somewhat. I still go back at least once a

year—I was in Kenya last May. I haven't brought her with me just yet. But soon she'll be right alongside me.

5 Is it true that you co-owned a Los Angeles yoga studio in

the early '90s? Yup, I did. Although honestly I'm pretty rusty with my yoga these days. Since Gemma, my time for exercise has become more limited. But I have always found yoga to be

tremendously powerful for reducing stress. It gives you a core strength—and I mean that in a physical and mental sense.

6 What's your fitness routine?

Right now because I am back to work on a TV show, I am making a real effort to be in good shape. I do a few kinds of cardio—mostly I hike in the hills in Los Angeles, and I do the elliptical.

7 Have your workouts changed over the years?

I've changed how I am moving my body. I used to do double spin sessions, and I had thighs like a body-builder! And then when I started doing more dance-based stuff, I really didn't recognize my body—in a good way.

8 What's your best health habit?

Going to acupuncture regularly. I've been seeing the same guy once every two weeks for almost 20 years. I consider him my most central care provider. If nothing else, acupuncture forces you to simply take a few moments to lie down and relax, and there's a lot of good in that, too.

9 Do you have a health philosophy?

It's not particularly sexy, but I do think that everything in moderation is the way to go. I've never been into intense diets or fads. My body is just too sensitive for that.

10 What is your worst health habit?

I love chocolate. I love pizza. Cookies. Ice cream. I kind of hate salad. Left to my own devices, I would eat like a 10-year-old kid.—*Liz Krieger*