

PREMIERE ISSUE!

CELEBRITY BEAUTY

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Donna Mills

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WITH TV'S
TOUGH LADY

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FREE FRAGRANCE!
See Details Inside



WORKING
OUT
WITH

DONNA MILLS

By ISOBEL SILDEN

Donna Mills has it made. She's beautiful and blonde and stars on TV's top-rated *Knotts Landing*. And when she wants to work out, she simply walks up five steps from her red-tiled kitchen to the ballet studio she designed and had built three years ago. "As far as I know, I'm the only actress in Hollywood with a studio like this," she says.

Three mornings a week she puts on a tape of Mozart or Beethoven and does ballet exercises at her regulation-height barre. On alternate days, she works out with trainer Dan Isaacson, who helped reshape John Travolta for *Staying Alive*.

Weight-lifting is a comparatively recent interest for Donna, but her love affair with ballet goes back to her childhood. Her late mother had taught ballet, so naturally she communicated her love of dance to the little girl. She didn't teach her, however. She entrusted five-year old Donna to two classically-trained instructors who had danced with Russian ballet companies. "I spent my whole childhood with my foot poised on a ballet barre," Donna says.

Donna had the studio built above the garage of her Beverly Hills home. Before that time her hectic shooting schedule, which has her up and out



Donna's as sultry as a saloon singer in her red sarong by Mystica/LA. Hose by DIM, hair wrap by Kirk's Folly.

by 5 a.m. and home at sunset, prevented her from enrolling in and traveling to an exercise class.

"This way I get in an hour of ballet stretches and warm-ups," Donna says. "One entire wall of the studio has floor-to-ceiling French windows, and the opposite wall is mirrored. I

Ready for the barre (opposite) in leotard and tights by Flexatard, designed by Gilda Marx; hair wrap by Kirk's Folly.





The star of TV's *Knotts Landing* keeps superfit in her home gym/dance studio. "I alternate weight training and ballet exercises," says Donna, explaining her unique fitness program. "And it's never boring."

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"Ballet is the best form of exercise," says Donna. She's been a dancer since age five, and she still does ballet on alternate days.

ting a little soft. A half hour of barre isn't enough, because I don't get to do it every day. Weights are faster. What takes at least a week at the barre, I can do in an hour with the weights. It gets you hard and trim faster."

Her trainer is able to accommodate his schedule to hers. One day he's at her house at six in the morning, another day five in the afternoon.

Her routine is admirable: first, dressed in sweat pants and a sweat-shirt, she does five miles on her bicycle. "That's boring, so I read a magazine while I'm doing it. It takes ten minutes and I work up a sweat. Then I just keep my muscles warm: we don't do the same routine each time. Dan keeps adding more repetitions. He knows every muscle. I'm working on my upper body, my back and shoulders now, and I think it'll help my tennis too.

"I did so much work with my arms this morning, I could hardly pick up a glass of water. The muscles get so exhausted that for a little while, it's hard to do anything. Then I take a

An entire wall of Donna's studio is mirrored—the better to see the results of all her devoted hard work.

Donna's prima ballerina fashions double as hard-work exercise clothes. Leotard and ballet slippers are by Pineapple Dance Wear; leg warmers by Capezio; hose by Easton; hair wrap by Kirk's Folly.

very hot shower and go on to work. I'm so energized, I feel great.

"I do ballet on alternate days. You're not supposed to do weights every day, because you're tearing down muscle and you've got to give it a day to build back up again. When it builds up, it builds bigger than before."

Her studio was built atop a two-car garage which is at street level.

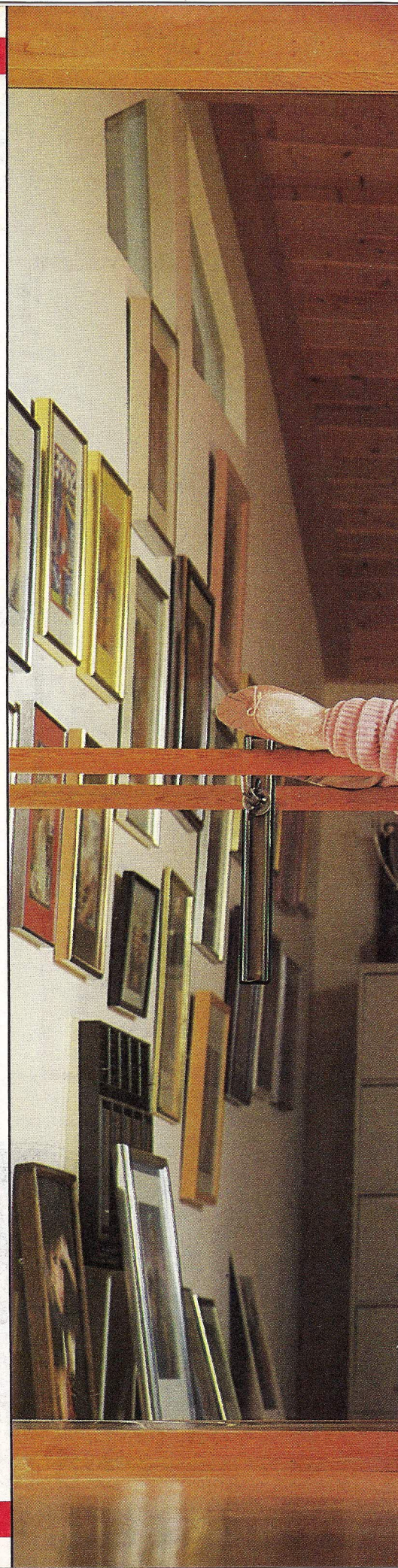
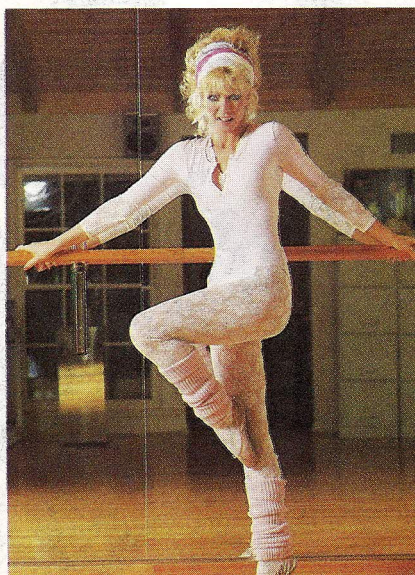
The studio also serves as her office. Hollywood trade papers are strewn on her glass-topped modern desk. There are two phones: one is bright red. For important hot line calls, she jokes. An exquisite glass sculpture of a ballet couple is on a stand next to the desk.

On another wall is a sophisticated stereo set with dozens of tapes.

"I work out to *Flashdance* a lot, and for my ballet exercises, I play all classical music."

She admits to being a wonderful disco dancer, but laments the fact that there aren't many of them left. That dance has gone.

She has no preference where her exercise routines are concerned. "They're both fun. You can achieve a certain high in ballet, where you're totally exhausted and you push a little bit further, to go past that peak of exhaustion. I've done it in class, but I don't do it here. It's not good to do that by yourself." ★



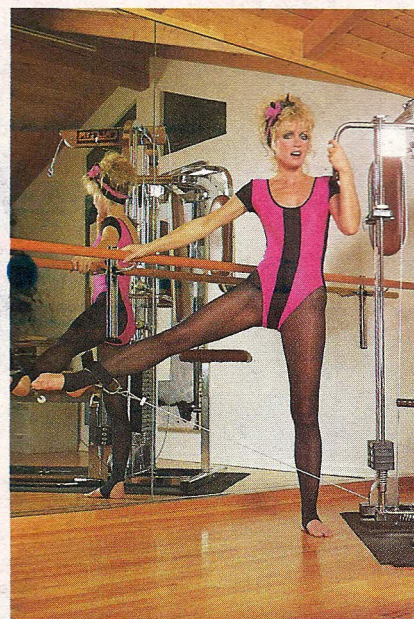
DONNA MILLS

can look out over my garden and the mountains. As often as possible, I bring in a teacher from the Joffrey Ballet to give me lessons.

Dancing helps Donna burn calories, stay limber and toned, and develop her muscles. "In ballet, all the muscles are being used, and the workout is tremendous. Unlike aerobics or jogging, ballet allows you to tone the entire body with an emphasis on stretching. Also, ballet involves coordination and grace."

Born in Chicago, Donna studied drama at the University of Illinois and started her career as a dancer. She then starred in two productions at Chicago's Drury Lane Theater before leaving home to seek fame and fortune in New York. She did Off-

Donna diligently works all areas of her body for maximum strength and toning. Dumbbells improve upper arm and pectoral muscles.



Donna's flat-as-a-board stomach is achieved after months of strenuous leg lifts on her Cal Gym bodybuilding equipment (above left). For thigh toning Donna pulls weights via muscle-pumping leg lifts. Weights and bodybuilding supplement Donna's ballet barre work (above right). "What takes a week at the barre, I can do in an hour with the weights," she says.

Broadway, Broadway, a short stint on CBS's *The Secret Storm*, and had a three-year run on *Love Is A Many Splendored Thing*, another CBS soap.

Hollywood was kind to Donna from the start. She landed a small part in an episode of *Dan August*, starring Burt Reynolds. Reynold's pal Clint Eastwood then cast Donna in *Play Misty For Me*, giving her her first feature film role.

Then came a short-lived series, *The Good Life* in which she and Larry Hagman played a butler and a maid. They see each other often since *Dallas* and *Knott's Landing* are filmed at the same studio. After that there were 21 TV movies before Donna Mills became Abby Cunningham Ewing. Donna shares only one trait with Abby, the ruthless troublemaker she plays on CBS's *Knott's Landing*. "It's her fierce determination to succeed," Donna says. "Strong ladies are dominating prime-time television. We're no longer simply set decoration."

A woman must take an active, assertive part in her own career, Donna believes. Heeding those words, the actress recently formed her own production company, Bonaparte Productions, and she plans to produce works that feature women of "strength, courage, and value,"

she says. This undertaking contributes to a substantial and varied professional life that has taken Donna Mills from Chicago to New York and to Los Angeles.

Donna's interests run to the political and charitable. She campaigns for Solar Lobby and supports a nuclear freeze. She plays celebrity tennis tournaments to raise money for various charities, and serves as national spokesperson for The Easter Seal Society.

"These are exciting times," Donna says. "Women have opportunities and challenges never before available."

When she became interested in bodybuilding, Donna invested in a Cal Gym, similar to the Universal but not quite as heavy. Hers weighs a mere 550 pounds and occupies a prominent position in the room. This day she curls up on it, as comfortably as in an armchair, her pale Maud Frizon pumps jutting into the air. They perfectly match her champagne-colored corduroy pants and knit top.

"I'm pretty trim and I believe that ballet is still the best form of exercise to stay in shape, but I felt I was get-

Pretty as her pictures? Yes, and keeping fit as well. Donna "rides" her bike five miles a day.



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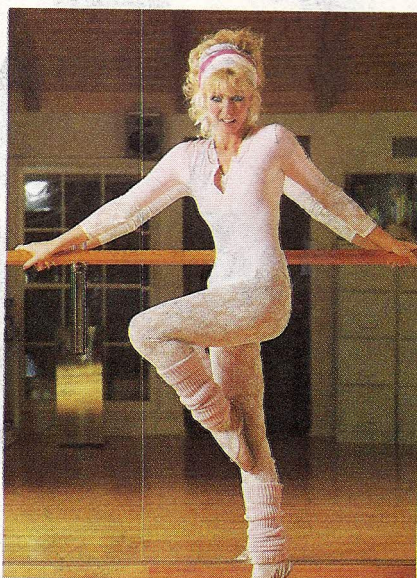
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A full-page photograph of Donna Knotts. She is a blonde woman with her hair styled in a high, messy bun with a large pink bow and black ribbons. She is wearing a bright pink leotard with black vertical stripes and black sleeves, paired with black tights. She is posing with her hands on her hips, smiling at the camera. The background is a simple room with a white wall and a large abstract painting with pink, white, and blue geometric shapes.

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