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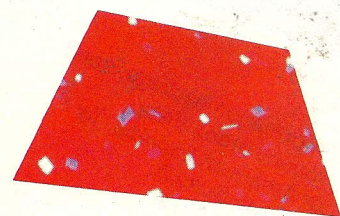
by Julie Butler Flannery

Donna Mills, who stars as the vicious and voluptuous Abby Cunningham on CBS's "Knots Landing," portrays everything *but* American's sweetheart. Yet away from the television cameras, Donna's as wholesome as apple pie. At five feet, four inches and 104 pounds, Donna keeps her figure trim through her first love, dance. "Once in a while I'll take an aerobics class," she says, "but it's not as much fun. *Dance*. To me, that's where the fun is."

The prima donna of nighttime soaps began dancing at age five in her native Chicago, where she eventually turned pro. She did summer stock and danced at the Happy Medium, which she describes as a "musical Second City." Construction was just completed at her home on a twenty-by-twenty-foot dance studio. "During the time the series is in production," says Donna, "I'm up at five A.M. and into the dance studio for an hour doing strictly ballet. When we're on hiatus, I still devote an hour to ballet, only I don't start until nine A.M."

Donna also keeps fit by staying away from sweets ("Like anybody else, I gain weight when I eat them") and through tennis, another cherished activity. She often plays in charity tournaments and exhibition matches.

Although her television character is currently a "not so serious" suspect in a murder case, Donna does some bona fide justice to summer's most playful all-American active wear on these pages.



Aboy! Celebrate America's new fitness Wendy Gray-style in her royal jogsuit with white piping, \$55. For nautical sparkle add deck-white jazz shoes by Capezio, \$34, courtesy of Theatrix.

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SWEATCHIC



Now that you've worked your body hard, flaunt it with flair. Here Donna models a jazzy, T-shirt minidress from Stevi Brooks, of poly/cotton interlock, \$41. For fashion fun add this wide brim hat by Slow Boat for Strictly Goodies, \$12. White anklets by Dalon, \$3; jazz shoes by Capezio, \$34, courtesy of Theatrix.

Red, white and gray—why not? After all, freedom of choice is the American way. Donna's sporty look is compliments of the following: Carushka side-zip shorts, \$19, and matching padded shoulder jacket, \$36; Merona Sport twill cap, \$9; "Sweat" muscle tee, \$10, from the Beverly Hills Workout; Hollywood Legs socks, \$2; Lotto aerobics shoes, \$40, courtesy of Foot Locker.

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Wheee! Looking active is child's play in this fun ensemble. Pair a Merona Sport camp shirt, \$34, and a "Running" muscle tee, \$10, from Sportstix by Shoosh, with Stevi Brooks' poly/cotton/Lycra shorts, \$20. Striped suspenders make a snappy statement, \$8, by Shady Characters for Strictly Goodies.

Not landing any appreciative whistles? Then try this form-bugging outfit on for size and reap in the rewards. Two-piece dance pants and crop top, \$24, by Dalon; stirrup tights by Danskin, \$9.

Play clothes never looked so good! Merona Sport offers a classic summertime look you could spend your life in. Cotton/poplin Hampton pants, \$50; striped cotton boat-neck top, \$34.

COVER SHOT: Donna shows off the new American body—in shape, in charge and glowing with health—with a little help from Dance France. Unitard, \$46; white suspenders, \$24. Leg warmers by Dalon, \$10.

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