

“The best thing about being 62 is being alive and healthy!”



Closer photographed Jane in her LA backyard on Dec. 11. “I’m not a gym rat,” she tells us.

PHOTOGRAPHY BY DAVID YELLEN

WORLD EXCLUSIVE

REAL INSPIRATION

JANE SEYMOUR

Reveals how she’s gotten in the best shape of her life — and, no, she doesn’t crash diet or work out like crazy!

BY INGELA RATLEDGE

At 62 years old, Jane Seymour believed that her days as a magazine cover girl were behind her. That is, until she agreed to pose for this issue of *Closer* — while wearing an ultra-sexy bikini. But recently, as she boarded a flight from her home base in Los Angeles to attend an event in New York, the nerves began to set in, and she confided in her seatmate about her plans. “I told her I was doing this,”

says Jane with a girlish giggle.

In return, she got an earful of advice on looking her best from the well-meaning stranger. “She said to drink juices,” recalls Jane merrily. So in the week before the shoot, “I took everything out of the garden — kale, celery, apples, carrots, beetroot and ginger — and juiced for a couple of days,” she reveals. “But I did cheat last night — I went to [Japanese restaurant] Nobu for dinner!”

COVER CREDITS: JANE SEYMOUR: PHOTOGRAPHY BY DAVID YELLEN; HAIR STYLING: ROBERT STEINKE/CLOUTIER REMIX; MAKEUP: DEBRA FERULLO/TRACEY WATTINGLY, LLC; WARDROBE STYLING: CHER INGLE/BIKINI; BIKINI: KIRSTEN SARKISIAN FOR BELUSSO; ADDITIONAL CREDITS: GETTY. SPREAD FROM LEFT: HAIR STYLING: ROBERT STEINKE/CLOUTIER REMIX; MAKEUP: DEBRA FERULLO/TRACEY WATTINGLY, LLC; WARDROBE STYLING: CHER INGLE/BIKINI; VITAMIN A, BANGLES AND COIN BELT: BELLYDANCE.COM



Jane says her kids don’t see her as a hot mom: “They think of me as an annoying mom who says things like, ‘Have you done your homework?’”



Jane's date Barry Blumberg accompanied her to a gala in September. "I'm really boring," Jane laughs of her ideal night out. "Dinner and a movie."



Out with her twins, Kristopher and Johnny, stepdaughter Jenni and husband Chris, and Jane's son Sean.

Jane's Easy-to-Follow Meal Plan

To drop a few pounds quickly, Jane suggests not eating after 6 p.m. and making smart choices: "I am not a fast food person!" But she will allow for an occasional glass of white wine — from her signature JS wine collection.

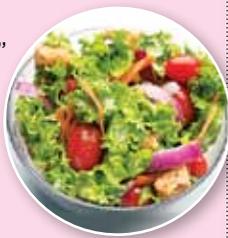
BREAKFAST

"Usually I'll have my kale juice concoction," she says, adding, "I have chickens, so I have organic eggs."



LUNCH

"I love salads," Jane says of the lean meals she enjoys mid-day. "I really like healthy foods."



DINNER

Jane enjoys sashimi and other fish dishes. "I don't eat a lot of meat," she reveals. "I'm sensible most of the time."



SNACKS

"I love Mary's Gone Crackers. They're gluten-free — my ideal snack." She also munches on pumpkin seeds and a piece or two of dark chocolate.



She's been in the public eye for 40-plus years, but her closest pals are still having a hard time believing she's willing to bare her body considering she's had four kids. "My friends are all laughing hysterically about me doing this," she admits.

"I've never had a tummy tuck or anything and I had twins for goodness sakes!"

But now it's Jane who's having the last laugh. After a tumultuous 2013 — in April, she split from her husband of 20 years, producer James Keach — she's managed to emerge healthy, drop-dead gorgeous and reveling in being a grandparent. "It's just pure joy," says Jane of this phase of her life. "I feel my most beautiful when I'm holding my grandchildren and with people I love."

Of course, having a set of rock-hard abs can't be hurting her confidence. "God, I'm in better shape now in some ways than I was when I was doing the Bond film," admits Jane, who starred in 1973's *Live and Let Die*. "I don't do major fasts or work out crazily every day. I hope I can inspire people!"

HOW SHE DOES IT

To maintain a figure that would put any 20-year-old to shame, the 5-foot-3 former dancer spends an hour three days a week doing a combination of spinning, light weights and Gyrotonics, a machine-based method that blends stretching and strengthening exercises. (She pays special attention to working her core due to back problems.) She also plays tennis, golfs and swims, or if she's on the road, power-walks and does push-ups. "I just want to be as healthy as I can be for as long as I can," she tells *Closer*, although she admits her arms could use some strength-

ening. "The floppy-arm thing is a dead giveaway so I use 5- to 8-pound weights. But I still can't get my luggage in the overhead compartment!"

But she does have a handle on her eating habits. "No diets here," she insists, noting that she hovers around 115 pounds. "I hate to deny myself things." Favoring healthy items like sashimi and salad, Jane admits, "If I have pasta, I'll eat just half of it. My idea of a cheat would be guacamole and chips."

One thing she won't indulge in, however, is Botox. "I tried it and hated it," Jane confesses. "I'd never do it again." It's an atypical stance in youth-obsessed Tinseltown. "For me it doesn't work because I'm an actor and I need to be able to move every part of my face," Jane explains. "I think I'm being hired a lot because I haven't done all the stuff everyone else is doing." Instead, she shares, "I always wear a hat when I'm out in the sun. I drink a lot of water, and my skin is at its best when I've had sleep."

NO PAIN, NO GAIN

A full night of z's wasn't easy to come by last spring when her marriage fell apart. "James and I were together for 22 years, and there's really not too much to say other than it's really sad," Jane sighs. "I've accepted what is, and opened my heart to not hold grudges and to come from a loving space."

The former couple remain a united front when it comes to their twin sons, Johnny and Kristopher, now 18. "We speak three times a day," says Jane. "We are absolutely consistent in our parenting. I'm moving forward and hoping that we will all learn from this."

Part of that entails dipping a toe back into the dating world. "I have no idea what the new rules are," she concedes. What about online courtships? "No, no, no," she laughs, insisting that she's sticking to traditional channels. "At my age, there are other people who have been through similar things — suddenly they are single, and we have lunch



NOW

BELLY-DANCING BEAUTY

Thirty-six years later, she's still got it! Jane had a blast recreating her pin-up look from 1977's *Sinbad and the Eye of the Tiger*, in which she played a prince's sultry sister, who Sinbad found irresistible. "I couldn't imagine wearing that outfit again after this, unless I took up belly dancing," jokes Jane, adding that she's slimmer now than in the black and white photo. "I was a ballet dancer and I was pretty fit. But I was definitely a little rounder." Jane still has fond memories of the movie. "That was a great picture," she says, admitting when she sees old photos, "I usually say, 'Oh, my gosh, look at that!' It's a fun trip down memory lane."

Jane wore her hairpiece from *Dr. Quinn, Medicine Woman* to recreate this updated look: "You can never have enough hair laying around!"

CLOCKWISE FROM TOP LEFT: SPLASH (2); R/R: DAVID YELLEN; GETTY; R/R: GETTY (5)



Jane dotes on Willa, her daughter Katherine's 10-month-old baby girl. Grandkids "come at a time in your life when you really have time to appreciate them."

"Willa is amazing! Grandchildren are the absolute greatest gift."

and then see if there's any reason to spend more time together."

One lucky fellow who's passed that test is Barry Blumberg, a Web exec she met through a mutual friend. "It's only been in the past few months," Jane reveals to *Closer*. "He's a good guy, intelligent and fun and we share a lot of the same interests." But don't expect her to fast-track this new romance: "I'm not trying to get married."

Besides, how would she find the time? The former *Dr. Quinn, Medicine Woman* star has a dizzying array of projects in the works — jewelry design, movie production and paint-

ing — in addition to acting. "I'm looking forward to playing the roles I get now as an older woman," says Jane. "There are just so many more layers to your personality at this point, you've gone through so much more."

Clearly, that realization is serving her well. "I can't believe the number, but you know, I'm just grateful to be 62 and happy and have a great family," she says. "Things change in life, but in a strange way, they get richer because you have more to compare it to. My twenties were great, but I appreciate everything much more now than I did then." —Reporting by Steve Gidlow

BIKINI BODIES AT EVERY AGE!

40s



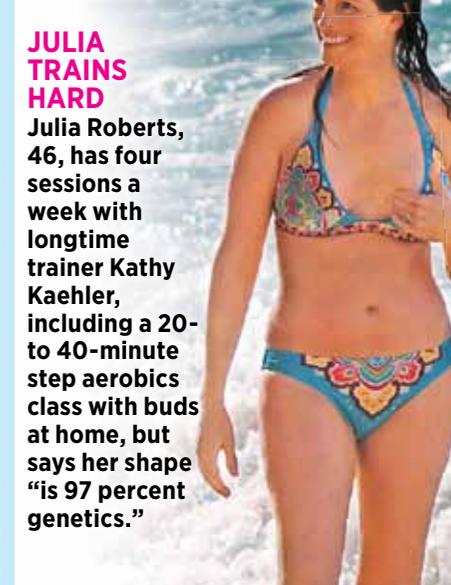
J. LO GETS HER Z'S
"Sleep is my weapon," Jennifer Lopez, 44, reveals. "I try to get eight hours a night," plus "water and a good cleanser." Trainer Tracy Anderson's standing inverted knee tuck tones her rear.



COURTENEY KEEPS MOVING
Courteney Cox, 49, has a tennis court, follows trainer Tracy Anderson's method and eats a low-carb diet. "Being active is important to maintain not only physical health, but mental health as well," she says.



JADA LOVES TO JOG
A vacation doesn't stop Jada Pinkett Smith, 42, from jogging, surfing and working out on the beach. "Push-ups are my favorite exercise for my arms," she says. "Do some physical activity every day."

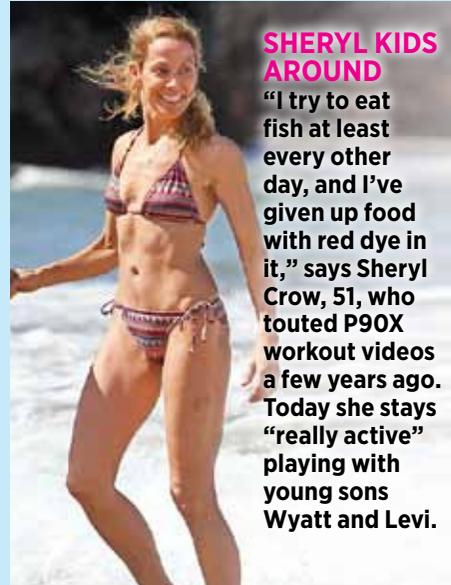


JULIA TRAINS HARD
Julia Roberts, 46, has four sessions a week with longtime trainer Kathy Kaehler, including a 20- to 40-minute step aerobics class with buds at home, but says her shape "is 97 percent genetics."

50s



HEATHER MIXES IT UP
Years after a '90s aerobics video she calls "ridiculous," Heather Locklear, 52, now works out with trainer Garrett Warren, mixing shoulder presses, walking lunges and other exercises.



SHERYL KIDS AROUND
"I try to eat fish at least every other day, and I've given up food with red dye in it," says Sheryl Crow, 51, who touted P90X workout videos a few years ago. Today she stays "really active" playing with young sons Wyatt and Levi.



HELEN HANGS TEN
"I eat healthily, I exercise. I surf," says 50-year-old Helen Hunt, who starred in 2011's *Soul Surfer*. It's now part of her workout, inspiring her to write, direct and star in another surf film, *Ride*.



SHARON STEPS IT UP
"I put on dance mixes and I dance my brains out at home until I sweat," Sharon Stone, 55, reveals. She also joined a gym recently, dropping Pilates in favor of weights. "Since I've hit 50, I've needed more muscle tone."

60s



GOLDIE IS A BIKER BABE
Seen cycling in NYC this fall, Goldie Hawn, 68, makes it part of her routine. "At home in California, I'll bike up the mountain, or do Pilates or spin," she says. "I try to do some form of exercise four days a week."

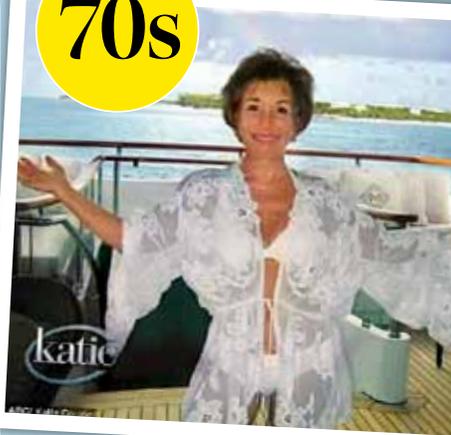


HELEN'S GOT GAME
Three years ago, Helen Mirren, 68, called the Wii video game system her "new best friend — you can hula, jog, yoga, step, all in one session!" But she recently cut back to "occasional" dieting and gym visits.



SUSAN'S QUICK FIX
Susan Lucci, 67, may have lost a few Emmys, but she's gained a stunning body exercising with the home Malibu Pilates chair she endorses. "Because it's body sculpting and it's cardio, it gives me fast results," she says.

70s



JUDGE JUDY WEIGHS IN
Judge Judy Sheindlin has one hot bod for 71, thanks to weights, stretching and three miles a day on the treadmill. "I don't want to look at myself being out of shape!"