



Cheryl Tiegs

At 62, the famous swimsuit model works hard to keep her life 'magical and fun'

By Patrick Tivy

For more than 40 years, Cheryl Tiegs has been adorning magazine covers — from *Seventeen* and *Glamour* to *Time* and *Sports Illustrated*. She is now 62 but looks about half that — as I see when she enters the elegant Tea Room at the Windsor Arms Hotel in Toronto. She's slim, she's tall, she's smiling — she's gorgeous!

Most of the tea tables are taken by mothers with their young daughters. From our table, Cheryl is able to discreetly observe the tender mother-daughter rituals. "Isn't that sweet," she says as a four-year-old daintily lifts a cup to her lips. A waiter brings the tea menu, but Cheryl wants Chardonnay. We order two, clink glasses and toast the moment.

Before I can ask a single question, she starts to explain how she manages to keep herself in shape.

"I'm very optimistic," she says. "I've had dips in my life, but I try to make every day special — so, for the most part, my life is magical and fun. Exercise helps a lot. There's not a day goes by that I don't do something for my health and nutrition.

"I try to do yoga twice a week. Yoga, I think, is good for every body," she says, with a meaningful gap between "every" and "body," then explains: "It gives you great peace of mind that stays with you." She also does weight training twice a week.

To top it off, "I hike. I live in Los Angeles, so I hike in the hills. When things are upsetting me,

all I want to do is get my feet on the ground, to feel that dirt beneath my feet when I go on a hike. I come back feeling great!"

Her story takes abrupt twists, just like the hillside trails where she walks her dogs.

Farmer's daughter: "We had no running water. There was a pump in the kitchen. I'll never forget the taste of that water. It's hard work being a farmer, but as a kid, it's great."

This morning: "I had oatmeal for breakfast, which is what I have every morning." Later, after a TV interview, she stopped at a downtown hotdog stand. "I don't remember the last time I got — or if I've ever gotten — a hotdog on the street," she exclaims. "It's fantastic!"

Family life: "I have an amazing son, Zack, who is 18 — and I just travelled with him to Switzerland, Prague, Istanbul and the coast of Turkey. My best friend in the world is Tony Peck, who is the father of my son, and I'm very close to the Peck family. He's a

Raising Funds for Habitat for Humanity

Cheryl Tiegs has become a regular visitor to Toronto — all thanks to Cambria. As an official spokesperson, she's brought a lively sense of high fashion to the company's line of quartz countertops and flooring. Cheryl likes the folks at Cambria. "They're from Minnesota," she says — and so is she, although she moved with her family to California when she was five.

Cheryl has represented Cambria in cities across North America and has formed warm friendships in the GTA.

"I love Toronto," she says. "I like the people very much. I see it's very historic, and yet it's not mired down in history. It's also very fun and happening."

On her last visit here, Cheryl was a guest of honour at Party for Humanity, held by the Building Industry and Land Development Association (BILD). She shared emcee duties with BILD president and CEO Stephen Dupuis and helped BILD raise more than \$20,000 for Habitat for Humanity Toronto.



Cheryl Tiegs and BILD President and CEO Stephen Dupuis.

good father. We talk three or four times a day. We just live in separate houses. We always have dinner together, either at my house or his house. We made that easy for our son."

Personal space: "A lot of people want to be my friend on Facebook; I will never be on Facebook! I like to shut the world off. I do every day. I meditate for an hour every day — close the blinds, put the pillow up against my ears, shut the telephone off, just close out the world so I can really just hear my breathing and meditate."

Career decisions: "Well, modelling changed my life. I mean, I always

wanted to be a librarian because I love to read, and being in a room full of books makes me very happy, so I probably would have done that." Of course, she didn't, and the rest is history. "I started in high school, when I was 17, and then got on the covers of *Teen* and *Seventeen* and *Glamour*." She went to college for two years, "and then things were so hot. The glamour was just pulling me away from school, so I decided I would pursue modelling. I moved to New York, by myself. I didn't really have a social life; I just worked."

On the job: "I think to be a model you have to have patience more than anything. It's not only the waiting around. People are constantly picking and poking, and doing and coming in. And you're waiting. You can't really relax. I always bring a book, something to read."

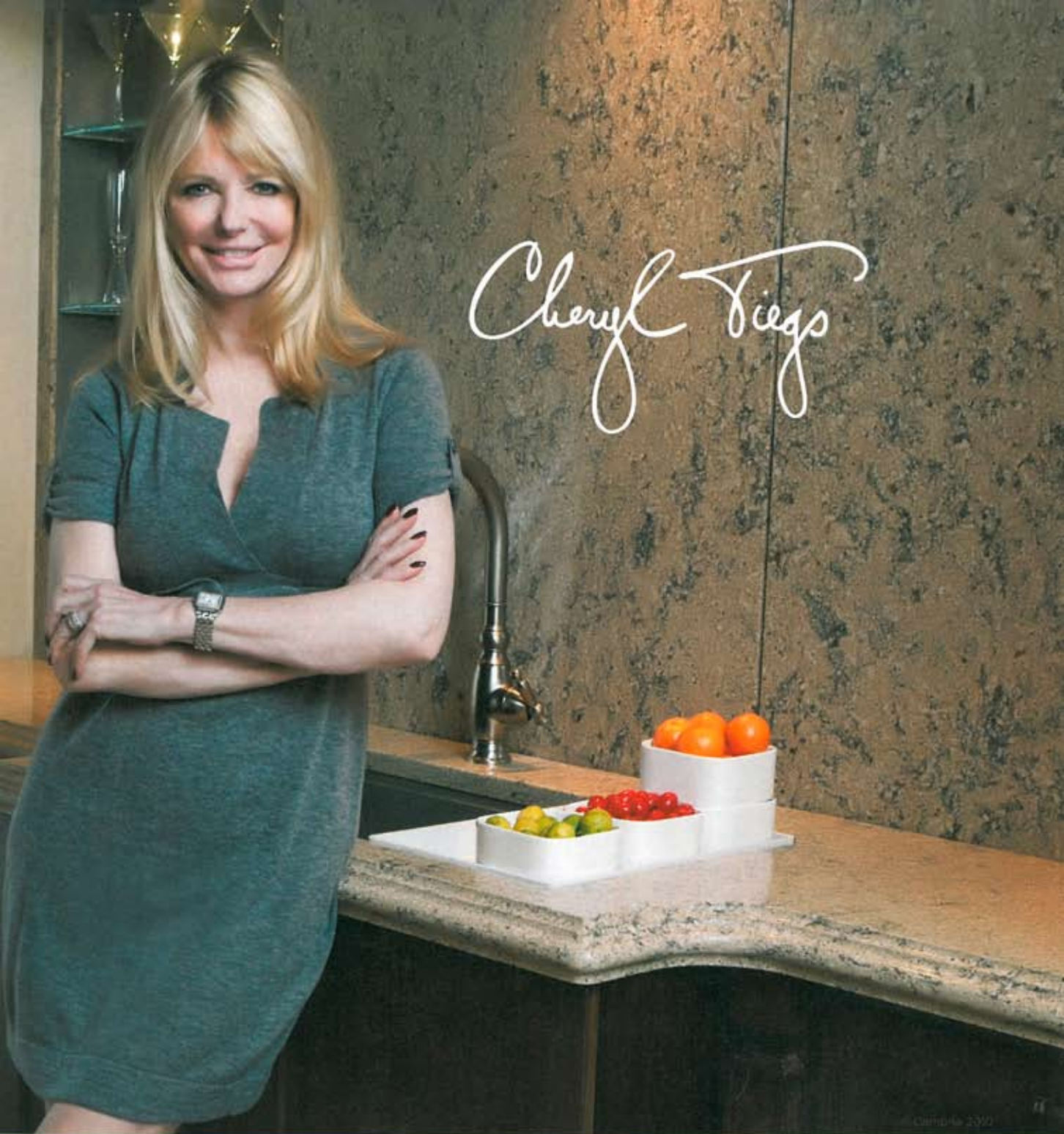
Healthy girls: "I get questions all the time about *Sports Illustrated*. Do I feel that it is damaging to women? Or overexposed? Or whatever." She shrugs. "All these healthy girls out on the beach, give it a break! It's fun! It's fine!"

About boys: "I got an autographed poster from Marisa Miller, who is the new, hot beauty from *Sports Illustrated*, for my son for Christmas....He doesn't realize that the crush he has on Marisa, boys used to have on me."

"No, Cheryl, not 'used to have,'" I say. "We may not be boys anymore, but we still have a crush on you!"

She smiles again. She's gorgeous. ■





Cheryl Tiesp

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