



Emmanuelle Vaugier

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If Status Fitness Magazine was to publish a list of Hollywood's fastest rising stars or the A-list of tomorrow, Emmanuelle Vaugier would definitely top the charts. This extremely sexy, super fit and hard working actress is making head ways in the mainstream and catching everyone's attention. Emmanuelle is a Canadian-born beauty that hails from "Hollywood North," Vancouver BC. Every new acting role she gets is bigger and bigger and has most recently culminated in her leading role along side Pamela Anderson and Denise Richards in the greatly hyped comedy "Blonde and Blonder," which is soon to be released in 2007.

Emmanuelle is a natural beauty with a pure healthy look and sweet sex appeal. Her career is on the rise and moving fast as she is being recognized by the biggest movie producers as a fresh talent that can shine in the star light. Besides spending long hours and countless days working on movie sets and TV shows, Emmanuelle makes time to keep her body in killer shape and hit the gym hard several days a week - no matter where she is or what she's doing. The hard work and sweat has certainly paid off tenfold as I am sure you can tell by just looking at the cover of this issue.

Status Fitness Magazine's Editorial Manager Ocean Bloom was able to use her Hollywood connections and track down the ultra busy, high profile Emmanuelle for this exclusive 1 on 1 interview... take it away Ocean!

SFM: Emmanuelle, you continue to rise in stardom with each year. Lead roles are coming your way and plenty of acting roles to keep you busy all year long. How do you incorporate your training and workouts into your extremely hectic work schedule??

EV: You just have to make it happen. The long hours are just part of the work, so if it means you have to get up at 4 am to get a 45min workout in then that's what I do. Or I will go after work. It's much easier for the boys to go do a workout or go for a run on their lunch break because they don't have to worry about their hair and make-up having to be re-done.

SFM: Do you have a training facility available to you on set?

EV: I've been on a couple of sets that had training facilities, but most of the time you just have to make due with what you have and fend for yourself. If you are Arnold Schwarzenegger or Hugh Jackman you can request in your contract that you be provided with a mobile gym. I usually workout in the hotel gym's when I'm traveling.

SFM: With the physically demanding roles you have done have you had to do any special training to prepare yourself?

EV: Yes I have. For the original pilot of "Pain Killer Jane," I worked with Melissa Stubbs, a well known stunt co-coordinator in both Canada and the US. She trained me in a variety of different martial arts and stunt moves that I had to do. It was great because I was doing a lot of cross training with Melissa doing martial arts, then working out with a personal trainer as well. I had Ron Blecker of D-C-5 teach me how to use a lot of weapons. I love doing that kind of stuff and it's great when you can incorporate that into your workday.

SFM: Do you always have a stunt double or do you like to do your own stunts?

EV: I like to have a stunt double because of the danger involved with a lot of the stunts. I do my best to match what they do!



SFM: What about when you are not working and in-between gigs, do you ramp up your training and workouts and do you train out of your home or at a public gym?

EV: When I'm not working I train at a private gym and I'm usually at the gym six days a week. When I'm working I try to get to the gym at least 4 or 5 times a week.

SFM: Do you take classes or do free weights?

EV: When I'm in Vancouver I work with my trainer Anna Wong - doing a lot of free weights and circuit training, but when I'm in LA my gym has a lot of great classes.

SFM: Do you do yoga or pilates?

EV: I probably should do yoga but I really prefer to hit the weights as I feel like I get more out of that style of training and I find it hard to sit through an hour and a half yoga class.

SFM: I know that working on a movie set equates to very long days and many hours of work. From a nutrition standpoint, how healthy do you eat while working?

EV: Diet is a huge part of it - I mean you can train until you are blue in the face but if you aren't eating right then you aren't going to see huge results. It's very hard to eat clean when you're on set because there is always a lot of junk food on the craft service table... like chocolate and donuts. It's always a battle for me, but you have to make the effort. I have to ask for something healthier if I want to stay away from the sweet foods.

SFM: Do you ever prepare food ahead of time to bring with you to work?

EV: I do when I have a photo shoot coming up and I know I won't have a break until after the shoot - I've done the food delivery service and that's been great.

SFM: Same with nutrition, do you eat differently when you are not filming a movie and have more time to prepare meals and make choices?

EV: I definitely eat more when I'm on set. Some days I've been on set for 18hrs and even if you're not doing a lot you are still expending a lot of energy and that takes a toll on you and I get really hungry.

SFM: What about cheat foods Emmanuelle - what creamy, juicy, fatty, sugary food is your weakness? We all have our weaknesses!

EV: I love cupcakes and chocolate, the sweet things. I don't really like to have a CHEAT DAY because then that's all I think about. I prefer to just eat a little bit of whatever it is I want. I find doing it that way I obsess less about it.

SFM: What about supplementation Emmanuelle, do you ever take any diet pills, energy bars/drink, proteins or any sports nutrition supplements to help with your training and nutrition? If so, which ones are your favorites?

EV: Sometimes I'll grab a protein drink on my way out of the gym. I take liquid chlorophyll, aloe vera juice, grape seed extract and essential oils: omega 3-6-9.

SFM: You have a big movie coming out very soon in which you have a leading role along side megastars Pamela Anderson and Denise Richards. What was it like being on set every day with two of Hollywood's hottest

Diva's?

EV: They are both very sweet and have incredible bodies - I was impressed. They were very outgoing and easy to work with.

SFM: It wouldn't be right unless we got some juicy details about you for our Status readers. Emmanuelle, what is your dating situation right now? Does some lucky guy have you on the lockdown or are you one of Hollywood's most eligible bachelorettes?

EV: No, I am still an eligible bachelorette!

SFM: What do you look for in a man that attracts you?

EV: I like a guy with a good sense of humor and charm, a guy that can make me laugh. I don't think I really have a "type." When it comes to looks there hasn't been any consistency between the guys I've dated. The key is they have to make me laugh.

SFM: Being in the Hollywood scene, you must come across a lot of "high rollers" and powerful guys that take cracks at getting with a fine young lady like yourself. How much do you get hit on and asked out? Is it non-stop everyday like one would imagine?

EV: I tend to meet guys through friends and get to know them that way more often than blindly being asked out.

SFM: Emmanuelle, I am sure acting has been good to you financially... for a young woman you can probably do all the shopping you want and buy all the shoes and make-up you could ever need. What do you do for fun?

EV: I just bought a house in LA so I'm excited to move in and spend time there working on it. I like to go hiking and take the dogs out. I really enjoy going out with my friends for a good glass of wine.

SFM: You have Blonde and Blonder coming out very soon, which we can't wait to see! You've already been digitalized in a video game as Nikki in EA's Need for Speed: Carbon, you have been killed time and time again in horror flicks like Saw II and House of the Dead 2: Dead Aim and Unearthed and you have been on the CBS hit series Two and a Half Men teasing the hell out of Charlie Sheen. What's next for Emmanuelle Vaugier? Tell us about your next major film role or project?

EV: I just finished filming "Bachelor Party 2" in Miami. We are now in discussions about two different movies - one of which could be filmed in Fiji and the other would maybe be in Cape Town.

SFM: Do you have some words of wisdom for our readers?

EV: Take life one day at a time with a positive attitude!