

5 JUICY QUESTIONS FOR...

Layne Redman

39, Actor, Presenter, MC, TV Personality and man about town (LayneRedman.com)



Rapid-Fire

- > **Perfume or nothing?**
Nothing.
- > **Bedtime?**
It changes every day!
- > **Ideal superpower?**
To be able to create, like women do—or to regenerate like Wolverine!
- > **Go-to shower song?**
Lately, I'd say Whitney Houston's *I Wanna Dance With Somebody*.
- > **Desert island must-have?**
A mirror: I'd use it to signal for help and start fires, and if I do get rescued I've got to make sure I look good!

1 **What might surprise people about you?**
I'm really into history—I've gone deep into learning about it. I'm particularly keen on learning about where I'm from, and I'm also interested in black history, going way back, as well as the history of this region. I also study nutrition—I have a small degree in it now and am working on doing more—and I am very passionate about the effect it has on us. Because I eat right, I have a certain clarity in my body, as well as my mind. If something isn't right in your body, it won't be right in your mind—everything affects everything else! I want to take all of the knowledge I've gained and help people with their nutrition, especially kids.

4 **You're always in the public eye and like to stay fit—how do you like to keep in shape?**
The main thing is listening to music and dancing—that's why I like to go out and party. You're being social, but if you're dancing you're also exercising. I often dance around at home to about three or four tracks, and I am sweating by then, but you don't think about it!

5 **What advice would you give your two kids about love and relationships down the line?**
That first and foremost, your friendship with any potential partner is a must—if you haven't got that as a foundation, then it isn't real. Then you won't put so much of an onus on labels, and it helps to take the pressure off.

2 **What's the best way to make up after a fight?**
Food is always a winner—it's also how you have a relationship with people you don't know, breaking bread together. If you're eating together, even if it's in silence, you're still eating together; then things should develop from there.

3 **If your life were made into a movie, what would it be called and who would play you in it?**
The name would probably be the same as my blog, *Life In The Fast Layne*, and in terms of casting—I'm going to have to go with Idris Elba for the main part, but I'd also have Kevin Hart play the role for the more comedic parts of my personality, and switch it up between both of them!

—Yi-Hwa Hanna

PHOTOGRAPH: ETHAN MANN.