

REACHING
FOR THE



SKY

Supermodel, mum and beauty mogul Miranda Kerr is no stranger to success—and now she's gone and added being the face of Reebok's new Skyscape shoe to her ever-growing list of accomplishments.



BORN IN SYDNEY, AUSTRALIAN BEAUTY MIRANDA KERR HAS BECOME SOMETHING OF A HOUSEHOLD NAME.

A former Victoria's Secret model, she's walked the runway for brands such as Balenciaga and Prada, has appeared in a music video for Kanye West and Pharrell (not to mention appeared on *Project Runway*), and has starred in campaigns for everything from Maybelline New York, Clinique and Mango to Swarovski, H&M and now, Reebok. An advocate of healthy living and the power of quality skincare and natural products, not to mention a supporter of environmental conservation—she once posed for a magazine nude and chained to a tree to raise awareness for endangered koalas and has done charitable work for Wildlife Warriors Worldwide—she also proudly launched her own brand of organic skincare products, KORA Organics, in 2009. So how does she do it all? Read on to find out how she finds balance, how she keeps fit and healthy despite her hectic schedule, and how she's found the perfect blend between comfort and style.

HOW DO YOU BALANCE YOUR BUSY LIFE?

I think that women are so used to multitasking and juggling busy lives that we don't really think about it—we just seem to manage and make it work. I think that it's important to decide on your priorities and make sure that you always find the time to do the things that are important to you. For example, no matter how busy I am I always try to find time to exercise and meditate as it keeps me balanced.

YOU'RE KNOWN FOR BEING A STYLE ICON. WHEN DO YOU FEEL YOUR BEST?

I love to get dressed up for red carpet events; I find the whole process of getting ready and choosing my outfit exciting, but I often feel my best when I'm hanging out with my son in our lounging clothes, without any makeup on. I love to look and feel natural.

DO YOU EVER STRUGGLE WITH WHAT TO WEAR?

I love fashion and I think that over the years I've honed my personal style so I know what suits me and my body shape. I actually sometimes find it difficult to choose what to wear on days when I

just want to be super casual and comfortable and not too 'put together'! I love the unexpected pop of colour that shoes bring to an otherwise plain outfit. They're an easy way to add a fun, girly edge to an everyday outfit.

WHAT ARE YOUR TIPS FOR LOOKING GOOD?

Nothing gives you a glow like fresh air so I try to get out and about as much as possible and walk wherever I can. I really try to look after my skin and I use products from my KORA Organics range. I also make sure that I eat organic fresh fruit and vegetables and drink water throughout the day.

YOU'VE TALKED BEFORE ABOUT YOUR LOVE FOR HEALTHY, ORGANIC FOOD. DO YOU FIND IT DIFFICULT TO BE HEALTHY WHEN YOU ARE SO BUSY ALL THE TIME?

I try to always carry healthy snacks with me that are easily transportable, like fresh fruit, nuts and seeds. I try to start the day off right with something healthy and clean like a fresh juice and egg whites. Sometimes it is unavoidable to eat something not so healthy if that is all that is available but I try to make

sensible choices most of the time so I don't give myself too much of a hard time if I have something a little naughty!

HOW DO YOU LIKE TO SPEND YOUR FREE TIME?

I love to spend time with my family, and I'm really lucky that I live in New York. My son is at such a great age, and it's wonderful to explore the city with him—take him to the park, to the farmers' market, to the playground—I throw on my shoes and we go out for an adventure. It's great to look at the world through his eyes. I love the sense of amazement and wonderment in him, and try to capture that for myself—to discover something new every day.

YOU'RE KNOWN FOR YOUR ENVIABLE PHYSIQUE. HOW DO YOU KEEP FIT?

Staying fit is really important to me. I try to do at least half an hour of yoga every day and then I add pilates and some strength training with weights and resistance bands. I don't think that fitness ends there, though—there are a number of choices you can make throughout your day that can help you lead a fit and healthy lifestyle. For me, part of that is choosing to walk as much as I can—most of the time you don't even realise what good exercise walking can be, but it really is! That's why I love my Skyscape shoes—they feel really good when I'm on my feet all day.

YOU HAVE WORKED WITH REEBOK BEFORE. WHAT DO YOU LIKE MOST ABOUT THE BRAND?

I love what Reebok means to women—they really have a focus on women's fitness, from their products to their partnerships. Their products are also fun and different, with both style and function—I love that. But most importantly, I feel a connection to the brand because, like me, they believe that exercise can help you to

be a better version of yourself and I truly believe that. Exercise makes me a happier and more balanced person.

WHAT DOES COMFORT MEAN TO YOU?

Comfort is one of the best feelings you can have. It gives you confidence, it's an instant pick-me-up, and it just makes you feel good. There's nothing better than being comfortable.

WHAT DO YOU THINK ABOUT THE NEW REEBOK SKYSCAPE SHOE?

I love the new Skyscape shoes! I am constantly on the go, whether I'm off to a work appointment, picking up my son, heading to the gym or meeting friends for lunch—I am running around all day! For me, Skyscape is the ultimate shoe; it is so comfortable that I can wear it all day long and it also looks really cute on. It's almost impossible to explain the way [these] shoes feel—you really have to try them on to believe them. The shoes are not just soft on the bottom, but they're soft all the way around—I haven't had shoes this comfortable before.

HOW DO YOU LIKE TO STYLE THEM?

There are so many ways to style these shoes. My favourite way to wear my Skyscape shoes is with a pair of skinny jeans and a simple tee, but on warmer days I'll pair them with a sundress or shorts. They're also great with workout gear when you're going to or from a workout—and they're so lightweight and packable you can throw them right into your bag.

WHICH COLOUR IS YOUR FAVOURITE?

That's a tough one—[they] come in so many colours that I can always find a pair to suit my mood and match my outfits! I love wearing the pink ones to add a pop of colour on a grey day. ■