



foreword thinking: laura vandervoort

LOOKING AT THE demure Laura Vandervoort, who's been likened to Hollywood actress Charlize Theron on many occasions, martial-arts expert may not spring to mind. But this is one very determined and motivated woman.

"I have trained in martial arts for most of my life. By 17 I had a black belt and by 20 I received a second degree black belt," she says. "I have always been a very focused and driven person, even as a child."

With her new movie *Ted* to be released next month, Laura talks to SHE magazine about her time in the industry, Charlize Theron, her love for travel and stress-less tactics.

Did you always imagine as a little girl that this would be your life?

Not at all. I didn't even consider this business until I was about 14. I watched the film *My Girl* and realised I wanted to be an actress. I had no ideas of being famous or wealthy. I just knew that I wanted to evoke the emotions Anna Chlumsky did in

that film, and I wanted to give it my all.

You look like Charlize Theron! Is she your doppelganger?

Hahaha yes, I often hear that. It is rather flattering to hear. I look up to her and her ability to morph into any role or genre. I'd love to work with her one day.

What's the most amazing garment in your wardrobe?

This is going to sound boring, but my jean jacket by Wilfred. It's nothing extravagant, but it's amazing to me because I wear it more than anything else I own and it goes with everything.

If there is was one place in the world you could go to where would it be?

Bora Bora. There are some amazing huts over the water there. I've been wanting to go there for years now. I saw it in a magazine and just never forgot it. Perhaps a honeymoon one day. I just have to find the man!

What do you do to offset the pressures of your job and everyday life?

I walk away from the industry every night after work. It's important to recharge. I also am very close with my parents and sister. They keep me grounded and remind me that the silly pressures the business brings to women aren't worth stressing over. Find time alone with your thoughts. Meditate, take a bath, have some tea, hang with friends, laugh, and dance. Do whatever you need to do to let go of the pressure and love yourself.

PHOTO: J. squared photography



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