

The Queen of Serene

No more hard body. Now it's yoga and Mom "aerobics" that keep Marla calm, curved, radiant.

BY JIM JEROME

Marla Maples Trump is working out again—with a difference. Gone are the free weights and the leg lifts. The step machine and treadmill sit forlornly in a corner. Marla left her hard-body days behind after getting in shape following the birth of now 2½-year-old Tiffany. Yet the 5-foot-8-inch, 118-pound Mrs. Donald Trump, 32, is hardly a fitness dropout. She looks sleeker, firmer and calmer than ever. Although nursing and new motherhood are enough to make any woman feel out of shape and out of touch with her body, Marla fought back by re-focusing her fitness goal more on sanity than vanity. At the core: yoga, which she practices regularly—including her two weekly sessions with instructor Laura Hartman.

"The yoga is not about bulking with free weights and lifting. I'm not doing that at all now—I'm just focusing on what's going on inside," says Marla. Despite her years as a Georgia-bred tomboy jock and Broadway dancer, Marla says these days exercise is "not as important lookwise but rather for energy to take care of Tiff, for keeping up with Donald's

busy life—and being on call for any project that may come up." (Her first film, *Executive Decision*, a Steven Seagal thriller, is due for release this spring.)

Marla rounds out the yoga with dietary discipline and the "natural, constant daily aerobic workouts" of caring for a toddler. At 35 pounds, Tiffany "absolutely" helps Mom maintain her upper-body definition. "I'm always grabbing her and running up and down the stairs." Those stairs come with a spectacular triplex soaring from the 66th floor of Trump Tower over Fifth Avenue. As a cheery Marla scampers around after Tiffany in black stretch pants over a black leotard, it's clear her new relaxed regimen is working.

Marla met Hartman through Deepak Chopra, the alternative-medicine guru and best-selling author. When she first started working with Hartman, Marla had done yoga only "sparely, scarcely, a couple of classes, but enough to know she was drawn to the spiritual aspects," recalls Hartman. Now Hartman generally comes to Marla's apartment twice a week for



No more weight-lifting for Marla, holding daughter Tiffany close. Yoga keeps her cool, calm, poised and lean.