

SELF SEPTEMBER

THE EDUCATED BODY, THE INDEPENDENT MIND

your relationship has to adjust. Arki is a brilliant father. He's loving and considerate. He's generous with his time and spirit and energy with the baby. He's not the kind of guy who gets up in the middle of the night and changes diapers, and since I'm breast-feeding all the time, he doesn't get to give a bottle. He's not hands-on in that sense, but he's very accessible. Since having the baby, I feel like nothing can really make me crazy.

On not always being the star

In modeling I have a starring role. I'm my own product. With acting, I'm still learning the craft, and would rather do a small role in a movie with great people than do a starring role. I don't need to act for any other reason except that I enjoy it. I don't need the money. I don't need reservations in restaurants. If there's a place for me in the business, great, and if not, that's okay, too, because I have my hands full with everything else.

On getting naked for public consumption

A body is just a body. Growing up we were never taught to hide ourselves or believe anything was wrong with being naked. Five of us lived in a house with one bathroom, everybody was naked all the time, but not inappropriately. I think being comfortable with nudity comes from a mixture of Australian culture and my upbringing—although I had a strict education. I do have a different attitude since the baby, though. I think I will be more careful about how I am photographed. I don't want kids making fun of Flynn because they can see his mother naked. It seems I have two sets of standards, one for myself and one for my son.

On taking control of her press

I've always taken things into my own hands and had the foresight to see where potential problems are and produce an active response. When I did *Sirens*, the tabloids thought that seeing me naked in the movie meant they had license to find any person that had any kind of photograph of me naked. They called friends and family offering huge sums of money; they asked terrible, terrible questions. So I said, I'm going to do *Playboy*. I'm going to have it photographed by Herb Ritts, I'm going to make it fun to do, I'm going to get paid a nice sum of money, and I'm

going to buy my mother a house, and then there will be no more interest. That's exactly what happened: They had seen it all before, nobody cared and nobody bothered me anymore. Same with the pictures I took with the baby for *Hello!* [see "Baby Face," above].

On being named the world's richest model, with an estimated net worth of \$38 million

I think they made a mistake with the decimal point! I think those kinds of articles are really silly and inaccurate. They estimate what they think people are worth. It's a stupid concept—who's the highest paid. It's vulgar.

On running her business life

There was a time when Elle Macpherson was a product, and I franchised that product out to various institutions to make a profit in many different ways. I have cut down on that since I've been acting, and since I've had the baby. There is more heart in what I do now. And perhaps less money. ●

DANA THOMAS lives in Paris and covers culture and the arts for *Newsweek*.



Baby Face

Posing for the British magazine *Hello!*, Elle took Flynn public at two months old (LEFT). "After the baby was born, we had photographers staying outside our house for weeks to get a shot," says the new mom. "We'd come out, they'd run up and stick their cameras in the pram. We thought, 'The only way we can get some peace is if we arrange this ourselves.'" It did the trick: "Nobody's waiting outside the house anymore."

On eating for two

When I was pregnant I became concerned about how what you put into your body affects what's growing inside. In restaurants I would order fish instead of pasta, which I didn't really like because I'd always stayed thin eating salads, pasta and mozzarella with tomato. I thought, there's no point in feeding myself. I've got to feed the baby, and he needs protein and vegetables and fruit and calcium. It was a great mind-set, and I think it helped me lose a lot of weight after giving birth.

On exercise and pregnancy

While I was pregnant I did yoga for an hour every day; and during the last six weeks, I walked for an hour and a half in the park every morning. I had fabulous energy. Every day I got up feeling inspired. I also worked with Julie Tupler, who has a brilliant maternal-fitness program in New York City to prepare for what she calls "the marathon of labor." The last six weeks of your pregnancy, she works on strengthening the back and stomach muscles that push the baby out. It helped so much.

After I had the baby, I was really anxious to get back to working out. But by the time I'd fed him, changed him, put him down and tried to get in a nap as well, I couldn't find the extra hour and a half to go do anything. That was a bit frustrating. Then I went away to the Bahamas for a 10-day break, and I started running again. As soon as I stop breast-feeding I'll get back to running regularly, four miles, five days a week. I just bought a jogging stroller and can't wait to run with him in it.

On being new parents

The first months are a little bit like Chinese water torture: You never get a full night's sleep, and you get so emotional. Suddenly your schedule isn't a schedule anymore, myriad issues come up, and