



“ I HAVEN'T WEIGHED MYSELF IN A LONG TIME. IT'S MORE ABOUT BEING ABLE TO GO OUT ON STAGE AND FEEL GOOD RUNNING AROUND.”

UNDERWOOD TELLS US



She snacks on almonds and pecans after her shows.

After rocking to Guns N' Roses at her May 16 shoot in Chicago, the "Heartbeat" singer and Calia by Carrie Underwood fitness apparel founder called *Us* senior editor Allison Baker to share stay-strong secrets — and why she can't stop staring at her abs.

**You ooze body confidence — and deservedly so! Have you always felt this way?**

Back when I was on *American Idol*, I was a bit heavier than I am now. That was the first time I was exposed to the public talking about me, so it was impossible not to look online and see what they were saying. And apparently I was fat. Of course I wasn't, but sometimes words people choose are not the nicest. It was a wake-up call for me in that maybe I could stand to be healthier. But it was also the beginning of me saying that it shouldn't matter what other people say; it's all about how I feel.

**Did you let their comments affect the way you ate?**

Yeah, in the beginning. I probably did some things that weren't necessarily the healthiest. I didn't know how much I should be eating for my height and weight. I probably should have eaten more, but I found my way through it and started reading books and educating myself.

**What is your diet like now?**

Breakfast is my biggest meal of the day. I'll do some steel-cut oats, maybe a little maple syrup in it and berries, toast with Earth Balance vegan butter and some breakfast potatoes. Lunch will be some sort of grain like quinoa or brown rice with vegetables and tofu. And dinner is protein and veggies.

**Are you ever tempted to splurge?**

I try my best to keep vegan, but sometimes if someone has a dessert and I know that there is butter in



Underwood and Isiah cheered Fisher at his 1,000th NHL game March 21.

She performed Feb. 1 in Duluth, GA, on her Storyteller tour.



there or eggs, it is OK. I am a sucker for a good cobbler.

**Is your family vegan too?**

No, no, no, I'm the only one. We just work around it. Most sides can be made vegan. They will have their meats and I will just load up on sides, and I am all good.

**Is Isiah a healthy eater?**

He eats everything. He loves salmon and turkey and cheese. And he likes my tofu chicken nuggets and fake beef. I won't say he hasn't had some pancakes in his day; he is a baby. We let him dive into his 1-year-old birthday cake, for sure.

**What do you want to teach him about fitness?**

I definitely want him to know what it feels like to feel healthy, to be active, to wake up and have energy.

**You definitely lead by example. How intense are your workouts?**

I love high-intensity interval training. I like to run. Lifting weights is something that I have gotten more

into. I can't lift super-duper-heavy things, but I am working on it.

**And you've got the gear for it. Why did you launch Calia?**

I noticed a gap in gear that was highly functional yet pretty. It's a confidence booster when you say, "I already look good, so let's go to the gym and look better." I have had sweatpants for 10 years and this old college hoodie with bleach stains on it. I might be comfortable in it, but I don't feel that great about myself.

**What else motivates you?**

I listen to angrier music — Disturbed or Avenged Sevenfold, or kick it a little old school with Mötley Crüe. [My trainer Eve Overland and I] make up moves to songs. Do you know that song "Shots" by LMFAO? We do squat, squat, squat-squat-squat. We have it choreographed, doing fast squats and slow squats.

**So that's how you get those legs! Any other tips?**

Keep it simple. I like squats, lunges. If I go for a jog and I meet up with a