

10 QUESTIONS

Lucy Liu

Actor and Artist



Liu's The Man With the Iron Fists and Elementary kick off this fall.

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1 Your new film, *The Man With the Iron Fists*, which opens next month, is an ode to kung fu classics. You've practiced *kali-eskrima-silat*, or knife-and-stick fighting. Did you train to perform the martial arts challenges of the role?

I actually didn't—I wish I had! Martial arts isn't something I always keep up with—I do it for particular projects. So we did it on the fly. They just rolled camera. It was pretty hardcore.

2 Is it just more fun to play the "baddies"?

People seem to like me in those baddie roles, which is so strange because I never saw myself that way before. In *Elementary* [Liu's new CBS show aired last month], I won't be playing that [type of] role, and I think it'll be interesting.

3 OK, let's talk *Elementary*, a modern take on the legendary duo of Dr. Watson and Sherlock Holmes. You play Watson, a former surgeon. Did you do any research to portray a doctor?

I have a lot of friends who are doctors—but I'm not going to go out and perform surgery any time soon! But I do have friends that I call with questions.

4 At 43, you're in amazing shape. What's your secret?

I enjoy my life. I think that stretching is the best way to keep in shape. I think the more flexible you are, the longer you'll live. And I think it's the key to being youthful. I do Pilates, too. I also love running. It keeps your head in the game.

5 You are a UNICEF celebrity ambassador. How did you get involved?

I started in a general way; I focused on malnutrition and education. Then I worked on two documentaries about sex trafficking [Liu narrated both *Redlight* and *Traffic*]. It's been around for so, so long, but people are finally

becoming more aware of it. People don't know the vulnerability of girls and children.

6 Have you seen any victories against this scourge since joining UNICEF?

Yes—victories in the sense of saving one child at a time. One of the most important things is education. People don't think it

happens in the United States. It does. It's a terrible, tragic issue.

7 You're an accomplished painter, photographer, and sculptor, with your work shown in New York City and London. For you, is artistic expression key to good health? Any kind of expression is healthy. Whatever you need to get out of your system, you should get out. You shouldn't bottle anything up.

8 Of the five senses—sight, sound, touch, scent, and taste—which do you value most in real life?

Visually, as an artist, if I had to choose one out of all, I'd have to say sight. It connects me to everything.

9 Do you have a health philosophy?

If you can't touch your toes now, it doesn't mean you'll never touch your toes. It just means it's time to get into it.

10 How do you feel about aging in Hollywood?

Terrifying or totally overblown? I love knowing myself more and more. I was kind of crazy in my 20s. I feel much better about myself now than I ever have.—*Lauren Paige Kennedy*