

KEKE PALMER ON BEING A Renaissance Woman

THIS TRIPLE THREAT AND SOCIAL-MEDIA STAR SERVES UP CAREER INSPIRATION AND MEMES FOR DAYS. NOW, AS A SPOKESPERSON FOR OLAY BODY, SHE WANTS OTHERS TO SAY, "I SEE MYSELF IN KEKE!"

I have a tattoo on the bottom of my back that says "Renaissance Woman." That's how I feel about myself and what I want to represent. I'm an actress, a singer, and a television co-host, but when I call myself a Renaissance woman, or a millennial diva, that also includes me as a digital creator on social media. That's what makes a modern-day Renaissance woman: You get to be a leader and choose what you post and what you create. I use my brand to encourage and inspire.

It all goes back to being as authentic as I can be. When I was a kid, my mom let me know that I didn't have to do just one thing. She never set limitations. She'd say, "Whatever you want to do, Keke, you can do it." She taught me about people like Bob Dylan, Judy Garland, and Sammy Davis Jr. My love for music soon turned into a love of acting, and then I just went for it. But my work is physical, so the No. 1 thing to me is to remain healthy. When I was 16, that translated into yoga and meditation. But I have some Virgo tendencies when it comes to my fitness—like being a perfectionist. I'd find myself struggling in yoga classes because I was worrying about being perfect, and that's the total opposite intention of yoga! It's supposed to help you relax and let your mind go, but I was just focused on being the most perfect person there. I had to start practicing on my own because I was being too competitive in class. Now I like to challenge myself with my workouts. Every day I start with two sets of lunges and standing squats. Then I go into sets of thigh, leg, and butt exercises. And I love doing fire hydrants for the glutes because I feel them the most; that's essentially you on all fours, kicking up your legs on either side. I'm not major on cardio, but I try to get that in through dancing. Overall, I've learned that fitness is something that helps me be on my A game. And it's a great self-confidence tool. You know, I want to be able to do my own stunts while acting one day!

—AS TOLD TO KAYLA GREAVES



Palmer with her mother, Sharon.

“ You know, I want to be able to do my own stunts while acting one day!”