

bliss

NET
GAINS

The *Good Wife* star **Matt Czuchry** may have retired his backhand, but healthy habits keep him poised and fit

Burying the competition takes skills, smarts and, sometimes, risky maneuvers. Being easy on the eyes and court-confident don't hurt, either. Good thing for Matt Czuchry—who plays ambitious attorney Cary Agos on CBS' hit drama *The Good Wife*—these traits come naturally.

The athletic 36-year-old grew up playing sports, taking a swing at tennis and following the ball to the College of Charleston. That athletic drive gave Czuchry the strength for the biggest challenge of his life: Los Angeles. Lucky for us, he aced his auditions and quickly landed roles on *Young Americans*, *Gilmore Girls* and *Friday Night Lights*. In 2009, he joined the cast of *The Good Wife* and four years later, his character has served up quite the drop shot. Now that's playing the game.

COURT
ADVANTAGE

Matt Czuchry's perseverance on the tennis court may have helped land him in a different one

The enterprising Harvard-educated lawyer Cary Agos on the hit series *The Good Wife* didn't always play doubles with Alicia Florrick (Julianne Margulies). This past season, however, they teamed up on camera. Looks like they're continuing to join forces this fall, which could be a good thing since Matt Czuchry, the actor who plays Cary, knows a thing or two about burying the opposition. Here's how the baller-turned-actor plays the wellness game, despite long hours on the set. — Michele Shapiro

ENERGY FUEL

"Growing up playing competitive sports and being surrounded by that culture, nutrition has always been something that I am highly conscious of. Every trainer I have ever been fortunate to work with has stressed that what we eat and drink are the most important elements pertaining to wellness."

HIT THE HAY

"Moments of mental rest and proper sleep are essential to my physical and emotional health. I treasure those times as a way to heal from the demands of everyday life."

FROM T-BALL TO B-BALL

"After I finished my last tennis match in college, I gave up the sport because I knew I would never be able to reach that same level of heightened competitive focus ever again. Since then, basketball has become an important way for me to maintain my love of competition and wellness."

GO SOLO

"When I'm not playing competitive sports, I love exercise as a solitary experience. For example, time alone on the elliptical machine is as much about meditation and reflection for me than anything else."

"I've used basketball as a way to support various charity organizations such as the United Service Organization and The Hollywood Knights."



Matt Czuchry