How the rising star of Fox News is juggling election coverage with marriage and motherhood (hint: even a caucus can be a vacation!) **BY CHARLOTTE TRIGGS**

I recommend the steak quesadillas and the onion rings. So, all health food!” Megyn Kelly says with a laugh, sitting down to lunch at Del Frisco’s in midtown Manhattan. “Some things are worth the fat and calories, although I have to watch it like a hawk.” Especially because the Fox News anchor’s hectic schedule—jammed packed with work and raising two kids (Yates, 3, and Yardley, 17 months) with entrepreneur husband Doug Brunt—is providing to be her sole source of exercise these days. “I used to be able to work out,” she says, “but these days there is literally no time.”

She won’t be finding any free moments soon. This fall Kelly, 41, is coanchor all of Fox News’s major election coverage (more than 9 million viewers tuned in last month as she and Bret Baier presided over the Republican National Convention broadcast), a move that cements her status as the network’s rising star and “the brains of the Fox News operation,” as The New Yorker recently declared. “It’s a crowning achievement, and she’s proven herself well up to it,” says Fox News executive vice president Michael Clemente of Kelly. “She is bright and knows how to ask the right questions in a polite but aggressive way. . . . There’s nothing to hold her back.”

Those same qualities helped Kelly navigate a risky career change. The Syracuse native started as a litigator,