

By [Jessica Morgan](#), Entertainment News Editor

[Sarah Jessica Parker Ruined Her Bod on 'Sex and the City'](#)

The actress dreads the day the movie starts shooting

Man, any woman can probably tell you that shoes are a bitch, especially if they're high-heeled, the stiletto type, and/or with pointed sole. But probably few are the women who can speak from the same bad experience as Sarah Jessica Parker who, for her part in the successful HBO series 'Sex and the City' had to do practically everything while wearing incredibly high-heeled shoes and sandals. The actress (together with the other three stars of the now defunct series) is currently preparing to resume her Carrie role for the big screen version of 'Sex and the City' but, despite the emotions and nervousness that simply comes with the territory (seeing that the fans have spent years waiting for the movie to come out!), she has yet another thing that gives her headaches: the fact that she will have to get into her heels again. The September issue of 'Elle' features an interview with Sarah and, naturally, the topic of the movie came up. The actress used the opportunity to point out that giving life to a fashion-crazed, shoe-obsessed woman is not going to be such an easy thing as most people are tempted to believe, especially since her body is still 'ruined' from back in the days when they were still shooting for the series. 'I used to spend 18 to 20 hours a day filming in heels. Now I spend a much shorter day in them and I'm, like, "Owww!" I've really destroyed my body by running and dancing in heels. My knees are shot.', Sarah explains. Another thing related to the upcoming flick that the actress is not really that happy about is the fact that she will also have to get back into Carrie's skin by drinking as many Cosmopolitans as possible, a thing that she rarely does in her real life. 'I don't drink much of anything. I'm the designated driver. I like a good Cabernet, but I never drink a hard cocktail. I've had many Cosmopolitans sent across when I'm in bars, but I always think, "God, if I can get this in a bottle, I could clean so much stuff at home".', she added. And you guys thought that women are never (or rarely) faced with complicated issues! These being said, provided that Sarah Jessica Parker overcomes her shoe and Cosmopolitan-phobia, the 'Sex and the City' movie will go as planned. A release date hasn't yet been set for it but stay tuned here for more.