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EXCLUSIVE: Angela Bassett Just Signed Up for This Workout at 67: ‘I’m Committed’

The actor says looking after your health makes all the difference.

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[Aryelle Siclait Health Reporter/Editor](#) | [Candice Williams](#)

Angela Bassett is moving on to her next feat — only this time it’s in fitness.

The 67-year-old has never shied away from a workout, and as she matures, she always keeps an eye out for her next challenge, a new way to test her limits. Next up on her list of exercise accomplishments? Boxing.

“I just signed up for some boxing lessons,” Bassett reveals to TODAY.com. In fact, she signed up and paid for her courses up front two days before sitting down with us.

“I’m committed, and I’m looking forward to doing it.”

Fitness for Bassett is an ongoing commitment. “(My exercise routine) is a continued work in progress,” she says. “But it is important to keep moving. You know, if you prioritize movement and health now, it will affect, I think, how we age and who we are as mature adults.”

She’s quick to acknowledge the ways her agility and strengths have shifted with age, but that’s not going to stop her. Instead, she adapts. “I think I’ve eased up a little bit

because, you know, these knees, these ankles, this lower back, that sort of thing ... I can't kick it like I did when I was in my 20s and 30s, but it's appropriate for who I am."

Just as her on-screen roles have evolved, always getting stronger, so has her work behind the scenes. Fitness, she says, is always worth the effort, "I think as long as you challenge yourself," she adds.

And when she needs a bit of support, Bassett says her trainer never fails to step up. "I do have a trainer who loves me dearly and hunts me down when my schedule gets, you know, really crazy and hectic. So, think I owe him a call or text."

For now, she's keeping active on her own both for the sake of her health and for her family. "Well, personally, you know, I'm a wife, I'm a mother, I'm a working professional. I work hard every day or most days, and I can do that because I keep myself in good health," Bassett says.

But she's not going it alone. Along with the lifestyle choices she makes, she never misses an opportunity for a health care professional to confirm she's in fighting shape.

"I'm in communication with my doctor, especially, you know, around my birthday, which I recently just had. So that reminds me to go and do that yearly," says Bassett. She comes in with a list of questions for her doctor and is prepared to answer any of his, conscious of her family's health history.

"As we mature, as we get older, proactive health care is absolutely a lifesaver for many of us. And I have talked about loved ones, my late mother, who battled with chronic underlying conditions, heart disease, Type 2 diabetes, (chronic obstructive pulmonary disease). So that idea of prevention and the power of prevention has been very, very important and a priority for me as well as my family, for quite a while now."

Angela Bassett Has an Answer for '9-1-1' Fans Who Can't Stop Asking: Is Bobby Coming Back?

Bassett's character, police Sgt. Athena Grant, lost her husband, Peter Krause's fire Capt. Bobby Nash, in a tragic accident during the final few episodes of "9-1-1" Season 8.

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Angela Bassett knows firsthand how brokenhearted “9-1-1” fans still are over Season 8’s major plot twist.

“My sister’s one of the fans, and she won’t stop talking about it,” Bassett tells [TODAY.com](#).

Bassett has starred as Los Angeles Police Department Sgt. Athena Grant since Season 1 of the first responder procedural. The show opens with Athena’s first marriage headed for divorce, but by the end of Season 1, she finds love with Fire Department Chief Bobby Nash, played by Peter Krause. The two marry in the Season 2 finale.

That relationship, known to fans as “Bathena,” became one of the emotional centers of the high-stakes show, and together, they survived a tsunami, a sinking cruise ship and a plane crash. But in Season 8, Episode 15, [Bobby died](#) after he was exposed to a deadly virus in a lab accident. The plot twist marked the first major character death throughout the show’s eight season run and sparked an outpouring of emotions from fans, from grief to anger.

“She is mad,” Bassett says now of her sister, about four months after the episode aired. (Season 8 ended May 15. Season 9, which was officially renewed in April, [is currently in production](#).)

She says her sister, like many fans, still asks her: “It don’t make sense ... *Is he coming back?*”

Bassett’s answer? “I have to keep his memory alive in some way,” she says. “I’m making no promises. I’m wondering just like you, just like the fans.”

In the aftermath of Bobby's death, some fans theorized it wasn't the end of the road for Krause's character. Season 8, Episode 15, ended with a body bag being removed from the lab with Bobby's helmet abandoned on the ground. In the next episode, Krause returns for flashback scenes and as a figment of Athena's imagination as she struggles to cope with the loss and make funeral arrangements for her husband.

In the end, she decides to bury her husband back in Minnesota, beside his first wife and two children, who died in a fire before the events of Season 1.

But many fans cling to the fact that technically, audiences didn't see Bobby's body — though "9-1-1" showrunner Tim Minear has said in multiple interviews that Bobby is really dead.

Plans for Season 9 remain a mystery, but we know actors Corinne Massiah and Elijah M. Cooper, who play Athena's two children, May and Harry, will [serve as series regulars for Season 9](#), putting a spotlight on Athena's family life in the wake of her husband's death.

"It's interesting how sometimes, a lot of times it seems, storylines in the show will mirror in a way what's going on in real life," says Bassett, who shares twins Bronwyn Golden and Slater Josiah with husband Courtney B. Vance. "Young boys, just thinking they know it all and they're grown and making their own decisions, which is not quite what mom had in mind."

"They still need mom, but they don't think they do," she adds.

So while Harry has "growing pains, becoming a man," she describes Massiah's character, May, as being stuck in the middle.

"Either she's on my side or his side. She is his sister, so, help me out girl," Bassett jokes.

Bassett also confirms, "Of course they've got to put me in some sort of life-threatening dangerous situation." After all, fans may recall Season 8 opened with a "bee-nado," or bee tornado, that caused a midair crash and left Athena to land a plane on the L.A. highway.

Reflecting on that dramatic Season 8 plot point, the Oscar nominee lightheartedly jokes, “You don’t know how I shake and grab onto seat mates in a plane when I feel a little bit of turbulence... OK, so now I’m landing a plane?”

As for how she finds out about the shocking circumstances ahead for her character, Bassett says she usually gets wind of what’s coming not from scripts, but from the crew behind-the-scenes.

“Maybe I have to go in for a fitting, so maybe I’ll hear, ‘Oh, you’re going to be doing something crazy,’ because a lot times the heads of the department will get, if not the script, the idea of what it’s going to be about before we do so they can get a little head start. And then sometimes they can’t help but share,” Bassett says.

“And then the script comes,” she continues, “and I’ve always made it out to be crazier in my head, just hearing about it, then when I read it, it’s like, ‘OK, this is doable. I guess.’”

Angela Bassett’s Shocking 7-Word Response to Peter Krause After Learning of His ‘9-1-1’ Character's Death

Bassett details the heartfelt conversation she had with her longtime "9-1-1" costar after learning his character's Season 8 fate.

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When Angela Bassett started filming Season 8 of "9-1-1," she had no idea of the heartbreak in store for her character.

Bassett plays police Sgt. Athena Grant on the long-running first responder procedural drama. The eighth season, which aired from September 2024 to May 2025, opened

with Athena having to land a plane after a swarm of bees caused a midair crash (really). But it ended with the truly unthinkable: the death of fire Capt. Bobby Nash (Peter Krause) — who has been married to Athena since the show's Season 2 finale — after he sacrificed his life to save his team during a tragic lab accident.

In an exclusive interview with TODAY.com, Bassett reveals she found out about Bobby's tragic end "late." In fact, she says she first received a "fake script" which portrayed the death of a different character, probationary firefighter Ravi (Anirudh Pisharody).

"We did twice as much work. We filmed (Ravi's) demise, and then the real one," Bassett says.

But after she found out it was Bobby who was being killed off, she recalls waiting until she got to set to speak with Krause. Once she arrived, she immediately asked for her co-star, ran upstairs to speak with him and then, "we just sort of looked at each other," she says.

"I mean we're grown-ups, we know things can go this way sometimes. I remember saying to him, 'Listen, I've died a horrible death a number of times. Even as a queen, they've taken me out,'" she adds with a laugh, seemingly referring to the death of her character Queen Ramonda in 2022's "Black Panther: Wakanda Forever."

"It happens to the best of us," she recalls saying. "You know, you try to make light, you face the reality of it."

She adds that they embraced and felt "grateful for the time and the love and the camaraderie and the moments that you did have together."

"As he said, I am his longest actor wife," she says.

[Bobby's death](#) sent shockwaves throughout the "9-1-1" fandom as it marked the first major character death in the show's entire run.

During the two-episode event, which aired April 10 and April 17, members of LAFD station 118 were trapped in a research lab and exposed to an aerosolized, mutated version of Crimean-Congo hemorrhagic fever. After Chimney (Kenneth Choi) displayed symptoms of the virus, Athena and Buck (Oliver Stark) hunted down the

one cure. After it was given to Chimney, Bobby revealed he was also infected, and Athena watched him die in quarantine through a glass wall.

In a [statement published by Variety](#) after the episode aired, Krause said he would miss his "9-1-1 family," with a special shoutout to "my partner, Angela Bassett. Her strength and her sweetness, and us holding hands. We parted ways too soon. Much love."