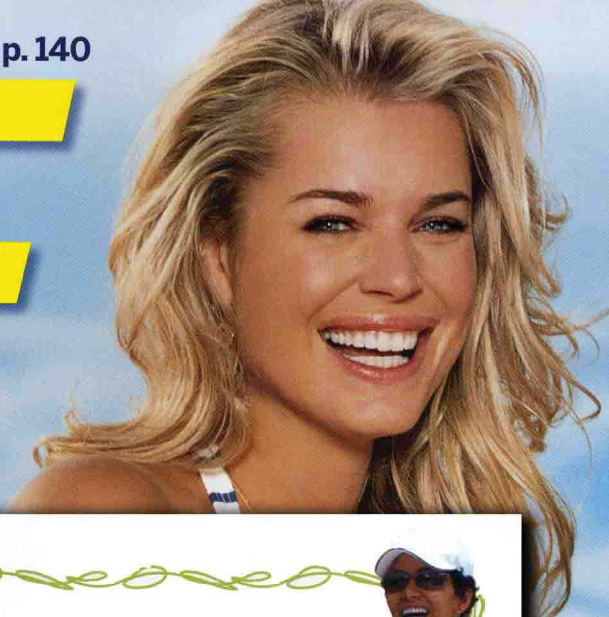


SELF

YOU AT YOUR BEST



Get
With
The
A Fast
Fat-Me

42 Healthy SECRETS of THE STARS

Want to look amazing? Find the celeb fitness style that suits you, steal these insider workout, diet and beauty tips and give yourself the A-list treatment! *By Amy Tardio*



BE A NATURAL BEAUTY: Rebecca Romijn's Look-Great Routine

HAVE T
OF YOU



are you a gym-nista?

THE WORKOUTS Big names stay free of flab with ★ high-intensity circuit training (511 calories per hour) as well as ★ weight room sessions to carve curves (193).

26 Sho
Health



Beckinsale trains with a ball.

Star following

Jennifer Lopez, Debra Messing, Jennifer Garner and Kate Beckinsale do serious circuits; **Halle Berry** and **Alicia Keys** get head-to-toe buff in intense 25-minute toning sessions. **Uma Thurman** is a gym devotee, and **Jessica Simpson** and **Heidi Klum** do back-to-basics strength moves.



Tap onto apples of cheeks and blend outward.

BEAUTY BEAT

Sleek and stylish **Debra Messing** enhances that just-worked-out flush by using creamy Stila Convertible Color in Lilium (\$20).



Hot gear Stretchy Basic cami and Sport short (\$30 each) by Faremon, a label Halle Berry wears (Faremon.com)

Diet style

The Zone—delivered, natch! **Jennifer Garner** has Zone-diet meals brought on set by Sunfare.com.

Eat craft services? Never!

LATEST CRAZE Purple (and thus antioxidant-rich) foods. Try **Uma Thurman's** salad dressing: Puree 1 pint blueberries, 1 cup nonfat plain yogurt, ½ cup applesauce, 2 tbsp lemon juice and 1 tbsp sugar.



TEAR-OUT C

Ins
Ma
A Flatte
Guarant

TRY-IT TIP

Alicia Keys got her fab abs doing five workouts a week at trainer Harley Pasternak's so-Hollywood-it's-unlabeled gym. Use her turbo tummy flattener: Sit on a bench, hands up like a boxer; lean back 10 degrees. Punch to left with right hand, then to right with left, 30 times. Too tough at first? Start by doing reps until you give out; increase at each subsequent session.



Trademark trait

Sexy, curvaceous arms and shapely shoulders. Show 'em off with a halter top. **Heidi Klum** bares arms.



104 Celeb secrets Toning Moves, Healthy Meals And More!

JUNE 2006 \$3.50 CANADA/FOREIGN \$4.50

