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# SELF

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# Make today happier

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THE  
SKINNY  
JEANS  
WORKOUT  
Minka  
Kelly's  
Hot-Body  
Moves

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# "I've changed my body!"

Minka Kelly, costar of *The Roommate* and *Parenthood*, looks and feels better than ever. Why? A new workout (we got all the details) along with healthy doses of romance, work, family and french fries. **By Erin Bried**

**M**inka Kelly's fitness goals are simple and specific: "To feel good and not have to buy bigger jeans!" she says. "It's not about weight; I haven't gotten on a scale in a long time. If I'm working out hard enough, I'm proud of myself." Kelly, 30, has reason to be pleased with her professional life, too. Her career kicked off with *Friday Night Lights*, she's now on NBC's *Parenthood*, and she stars in this month's big-screen thriller *The Roommate*, with Leighton Meester. Kelly credits her work ethic to her mother. "She was a single-mom superwoman, working every job under the sun to take care of us. That's why I'm confident and I can do what I do for a living." The actress honors the memory of her mom, who died in 2008, as an activist for Stand Up to Cancer and by staying healthy. "Exercise is like meditation for me. And I'm giving myself that time!" Read on for her food philosophy, her treadmill routine and other secrets that keep her smiling.



"I'm so grateful for Friday Night Lights."



**Kelly's best-body workout** Three days a week, Kelly works out with fitness guru Gunnar Peterson, and she does cardio on the off days. Peterson shared her top four toning moves.

## 1 Twister

works shoulders, abs, butt, legs  
Stand with feet hip-width apart, a 5-pound dumbbell in each hand at shoulder height, palms forward. Squat, then return to standing, as you pivot left foot so torso twists to right and extend arms overhead (as shown). Repeat on opposite side for 1 rep. Do 6 to 10 reps.



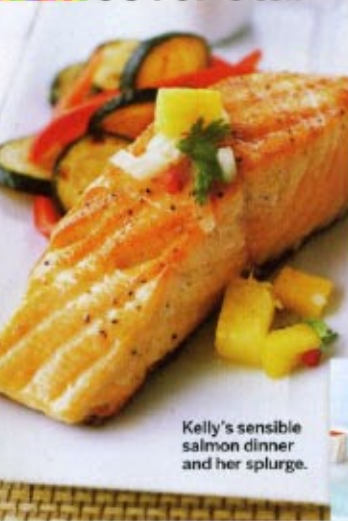
## 2 Big dipper

works butt, legs  
Stand with feet hip-width apart, a weight in each hand at sides throughout. Step right leg back and to left, coming into a deep squat (as shown). Return to start. Repeat on the opposite side for 1 rep. Do 10 to 12 reps.



"Some days, I want to be a tomboy and put on baggy jeans. On others, a girly dress and red lipstick make me happy." Blouse and skirt, DKNY. Earrings, Ben Bridge Jeweler. Necklace, Sydney Evan. Belt, Tory Burch. Bangles and ring, David Yurman

KENNETH WILLARD/INSET: FALL DRINK/WATER/NBC/INDU PHOTO BANK ILLUSTRATIONS: LULU/CVC-I.COM. SEE GET-IT GUIDE.



Kelly's sensible salmon dinner and her splurge.



**"I don't want to diet for the rest of my life."**

"If you don't let yourself have things you want, especially when it comes to something as simple as food, you'll fall and end up being less healthful. I try to be sensible and have egg whites and oatmeal for breakfast, a salad with protein for lunch, and fish and veggies at night. But once in awhile, I have that cheeseburger and fries! And I don't feel like dinner's done unless I have a sweet. I'd rather go for a small slice of real chocolate cake than a bunch of sugar-free cookies. It's all moderation."



**"I feel lucky that when I'm feeling crappy, little things, like getting my nails painted a glittery color, can make me smile."**



Wet n Wild Wild Shine Nail Color in Sparked, \$1

**"I embrace my imperfections."**

"They are what make us beautiful. The scar from the appendectomy I had when I was little and the one from the boogie boarding accident I had a few years ago make me unique, and I'm proud of them. That said, there are days when I have less confidence than other days. When that happens, I try to treat myself the same way I would treat my best friend—meaning, I love my friends for who they are and don't focus on their 'flaws.' So I try to do that for myself, too."

**"If you don't have something you're passionate about, you won't be happy. When the people in your life support your career and know how much they mean to you, everything balances out."**



Kelly is frequently seen with her beau, Yankees shortstop Derek Jeter.



Kelly and her dad, former Aerosmith drummer Rick Dufay, with whom she got close as an adult.



"Leighton is so good in *The Roommate*, sometimes I was scared."

**More of Kelly's body-changing routine**

**3 Allover toner**

works shoulders, abs, butt, legs

Stand with feet hip-width apart, a weight in each hand at sides. Raise weights out to sides at shoulder height as you step left leg back into a reverse lunge (as shown). Return to start. Repeat on opposite leg for 1 rep. Do 12 reps.



**4 Ballsy bicycle**

works abs, obliques

Lie faceup, holding a 3- to 6-pound medicine ball at chest. Lift shoulder blades and legs about 6 inches off floor, then bring left knee toward chest and twist torso toward left knee (as shown). Switch sides, twisting torso to bent right knee, for 1 rep. Continue alternating in a pedaling motion. Do 12 reps.



**Kelly's cardio plan**

Running is Kelly's fat-burning activity of choice. So she hits the treadmill on her own. "I watch Beyoncé videos while I'm working out. The dancers' bodies are so inspiring!" Here's her personal sweat-inducing, heart-pumping interval mix.

MINUTES	SPEED
1	5.0
1	5.5
1	6.0
1	6.5
1	7.0
1	7.5
1	8.0
2	4.5

Repeat five times.

CLOCKWISE FROM TOP RIGHT: KENNETH WILLARD; CREATIVE DIRECTOR, CYNTHIA SEARIGHT; FASHION DIRECTOR, EYVAM METZNER; HAIR, MARK TOWNSEND FOR STARWORKSARTISTS.COM; MAKEUP, MATTHEW VAN EELUWEN FOR DIOR BEAUTY; MANICURE, KIMMIE KYLES FOR CELESTINE; ANTHONY J. CAUSI/ICON SM/RETNA; RUSTY JARRETT/GETTY IMAGES FOR NASCAR; JAMIE TRUEBLOOD/© 2010 SCREENSCENES; JAMES BAIGRIE/FOODPIX/GETTY IMAGES; ANABELLE BRANEY/FOODPIX/GETTY IMAGES; STILL LIFE: DEVON JARVIS; ILLUSTRATIONS: LULU/ACWC-L.COM