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Star Bodies

with Hannah James



Peterson trains one of Hollywood's best bodies, Halle Berry.

HOW TO GET AN

A-LIST BODY

Top Hollywood trainer Gunnar Peterson's celebrity students include J. Lo, Halle Berry and Penélope Cruz.

His client list is staggering, and their bodies even more so: Gunnar Peterson can help you get a body that's "lean, fit, capable and athletic without looking as though you live in the gym," he says. All we need to do is be consistent with our diet and workouts: "Many times the programs are spot-on, but they are not put into effect fully for long enough."

His top five tips for a Hollywood body are: "1: Work out. 2: Make good choices at meal times. 3: Get enough rest. 4: Hydrate properly. 5: Don't stress over your physique—let points one to four do the work." His top food tips: "1. Include enough protein in your diet. 2. Eat when you wake up. 3. Eat within 30–45 minutes of finishing your workout. 4. Avoid complex carbohydrates at your last two meals. 5. Don't eat within three hours of going to bed." Finally, how to blitz trouble spots? "Multi-joint, big body movements beat single-joint isolation movements every time." Got it.



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TONI PEAREN

MY FITNESS

TV presenter and face of Puma BodyTrain Toni Pearen is "addicted to Pilates. I get good results from the little time I have to exercise now I'm a mum." She lost 13kg of baby weight in a year thanks to Pilates, walking and a healthy, organic diet, with treats of "sharing an ice-cream with my husband." Puma BodyTrain shoes are available at Footlocker.



The 1.62m Pearen weighs 54kg.