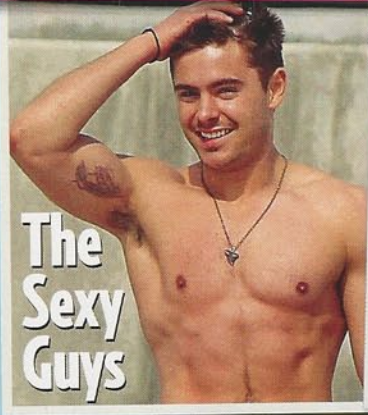


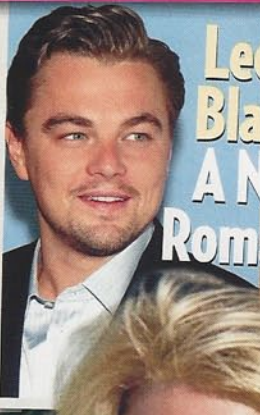
Issue 851  
June 6, 2011

**WEEKLY**

**US**



**The  
Sexy  
Guys**



**Leo &  
Blake!  
A New  
Romance**



**SPECIAL ISSUE**

# HOT BODIES 2011

Stars share  
their favorite  
diet & toning  
secrets to get  
sexy fast

\$4.99 US

23>

7 25274 34190 0

# Wedding



STYLING: JOEY TERRELL; HAIR: SEAN SMITH;  
MAKEUP: KRISTY BURMAN; CLOTHING: JAS; DRESS:  
KIMONO; JEWELRY: MELLONMARE; JEWELRY:  
KIMONO.COM/ASHLEY@KIMONO.COM

# Countdown

Bring on the big day bod! **Vanessa Minnillo** shares her fitness routine with *Us* **BY SARAH GROSSBART**



Minnillo with Lachey

**V**ANESSA MINNILLO is taking a bridal cue from Kate Middleton. “I thought it was so cute that she said she wanted to do her own makeup so her groom would recognize her,” she tells *Us*. In the same vein, the 5-foot-7 stunner isn’t falling prey to extreme body pressure before her wedding later this year to her beau of five years, *The Sing-off*’s Nick Lachey. “I want him to see the girl he fell in love with,” she says of skipping crash dieting in favor of a five-meal-a-day delivery service. “I want to stay true to who I am, but, you know, a better version.”

That’s where Gunnar Peterson comes in. Minnillo, 30, works with the pro for an hour three times a week. “He trains me like an athlete,” she says of doing agility drills and complex strength-training moves.

(*Flip the page for Peterson’s wedding workout.*) “When I first started, I remember thinking, Ugh, I’m not trying to win the Super Bowl! But now I like it.”

The size-2 star’s beau, 37, is also running more so they’ll both be ready for the big day — and all the ones after. “I’m excited to marry the man of my dreams and

start a family,” Minnillo tells *Us*. Seconds Lachey, “I look forward to having kids. My brother [Drew] has popped out two already — I’ve gotta get cooking!” **US**



“I never do the same workout twice!” Minnillo (in Malibu May 16) tells *Us*.

# The Bodies That Make *the Bodies*

The few, the proud, the celeb trainers! They've bossed around the best in the biz — now they're telling *Us* their secrets **BY JENNIFER O'NEILL**

**CARA CASTRONUOVA** ▶

"It's easy to train people but difficult to motivate them," says the *Biggest Loser* coach, 33. "I'll sit for hours thinking of ways to keep exercise interesting." But there's a huge payoff: "Being able to change someone's life is the best. Plus, my job motivates me to stay in shape!"

**HARLEY PASTERNAK** ▶

"What I do is systematic," says the pro and dietician, 36, whose Five-Factor plan (five weekly workouts and five daily mini-meals) has helped **Katy Perry, Megan Fox** and **Amanda Seyfried** stay slim. "And I'm the guinea pig." His one indulgence? Nutella!

**TRACY ANDERSON** ▲

This get-fit guru loves her job so much she cries about it! "When I can transform someone, I get happy tears," confesses the former ballerina, 36, whose dance and toning program took Hollywood by storm. (Clients include **Gwyneth Paltrow, Kim Kardashian, Courteney Cox, Gisele Bündchen** and **Julianne Hough**.) Of her tendency to befriend students, she says, "I'm a teacher first. But sometimes that's hard!"

**GUNNAR PETERSON** ◀

Meeting clients for sessions starting at 3 A.M. doesn't faze this *Core Secrets* creator, 48. "I'm cool with the hours," says the trainer to **Sofia Vergara, Halle Berry, Jennifer Hudson** and **Gwen Stefani**. Besides, it comes with a bonus: "Being up close with people who have risen to the top of their field is fun," he says. "You learn the secrets to their success!"



STYLING: JANEY FOR TRACY; BETHEAN WALKER FOR PATTY PEARSON; JOHN TIGHT BODY; LOTION: JES FOR TRACY; CYTANIC MAKEUP; HAIR: LUCY FOR HARLEY; HAIR: LUCY FOR HARLEY; HAIR: LUCY FOR HARLEY; HAIR: LUCY FOR HARLEY; GROOMING FOR GUNNAR AND HARLEY: HELEN ROBERTSON FOR YOU MEN; CELESTINE AGENCY.COM; CLOTHING ON CARA: ALO BRA; FILA (SHORTS); FREEDOM (SNEAKERS); CLOTHING ON HARLEY: NEW BALANCE (SHIRT, SHORTS, SNEAKERS); CLOTHING ON TRACY: STELLA MCCARTNEY; FOR AODIAS (BRA); ASICS (SHORTS); NIKE (SNEAKERS); CLOTHING ON GUNNAR: UNDER ARMOUR (SHIRT, PANTS, SNEAKERS)