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THE WEIGHT!"

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▼ **HAYDEN PANETTIERE, 20**

The *Heroes* star takes daily walks with her dogs, does cardio as well as circuit and resistance training with a trainer, and sticks to a vegetarian diet.



▲ **KRISTEN BELL, 29**

We don't want to be gossip girls, but Kristen credits her amazing body to healthy, homemade vegetarian dishes, yoga classes, and twice-a-week weight-training sessions.

▼ **CARRIE UNDERWOOD, 26**

The country cutie has been keeping a food journal for years, but Carrie's sexy looks are also the result of a vegetarian diet and taking advantage of hotel gyms when she's on tour.

★ **STAY-FIT TIPS**

When you're in your 20s, Gunnar recommends getting in cardio with team sports, such as volleyball, once a week and jogging or biking on the other days. Try stretch classes for flexibility and body-weight exercises, like push-ups and squats, for strength. **Because your body is still building bone mass, Elisa suggests adding extra calcium and vitamin D to your diet, with 3 cups of lowfat milk or yogurt a day, and getting more iron by eating lean red meat, beans, and lentils.**

▶ **KELLY ROWLAND, 29**

The singer stays beach-ready with intense cardio five to six days a week and heavy weight lifting. She also eats a balanced diet and gets eight hours of sleep a night.



▶ **KATRINA BOWDEN, 21**

30 Rock's receptionist is no dummy when it comes to a healthy lifestyle. She follows a low-carb diet consisting of lean protein and salads. She also works out almost every day with a personal trainer, doing weights, cardio, and yoga.

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◀ **JEWEL, 35**

Jewel's secret to a shapely body? Toning down her workouts! The singer-songwriter used to be a gym rat, but these days, she prefers running outdoors along the country roads near her Texas ranch and eating the foods she loves in moderation.

▶ **EVA MENDES, 35**

This is one Hollywood starlet who indulges in rich food (Indian and Cuban cuisine are faves) and isn't afraid to admit it! Eva does, however, burn those extra calories with 25 minutes of cardio and strength training almost every day.



★ **STAY-FIT TIPS** It's important to get serious about strength in your 30s, because that's when muscles can start to weaken. **Gunnar suggests weight training with free weights and machines, yoga or Pilates for flexibility, and cardio, such as running, speed walking, and group cycling.** During these peak reproductive years, folic acid is critical, says Elisa, so be sure to get plenty of dark veggies, like spinach, broccoli, and brussels sprouts, as well as lentils, orange juice, and chickpeas.

▶ **MYA, 31**

Always on the road, the singer keeps her body fit with a hotel room workout: crunches, push-ups, and dips off the side of a bathtub or chair. And she never touches fried foods or soda.



▼ **JAIME PRESSLY, 32**

The Emmy winner works out four times a week, concentrating on her core to keep her abs sexy and rock-hard. As for her diet, Jaime eats meals with lots of protein and veggies and never skips breakfast.



▶ **JENNIFER CONNELLY, 39**

The Oscar winner is known for her red carpet glamour, but who knew she had such a hot bikini bod? She stays fit with six- to 10-mile runs, a mostly vegetarian diet (with some lean protein, like turkey), and three Pink Lady apples a day.



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▶ **JULIA ROBERTS, 42**

The actress and mother of three stays slim by following a diet of whole grains, vegetables, and beans. To stay energized, she swims and does strength exercises in the water.



▶ **COURTNEY COX, 45**

The star of *Cougar Town* shows off her rockin' body almost every week, and more power to her! She credits her fit figure to the Power Plate machine, which she uses three times a week, plus a low-carb diet.



▶ **KATIE COURIC, 53**

The CBS anchor stays in newsworthy shape with a balanced diet of protein, veggies, and fruit (but she won't beat herself up when she has a cupcake) and a workout routine that includes cardio, yoga, and weight training.

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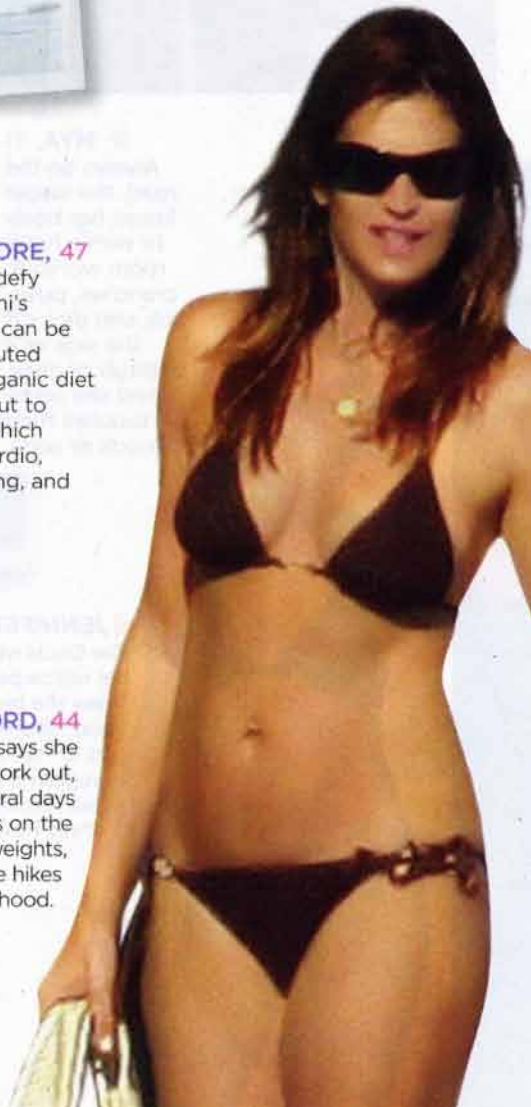


▶ **DEMI MOORE, 47**

She seems to defy aging, but Demi's youthful looks can be partially attributed to a mostly organic diet and working out to P90X DVDs, which incorporate cardio, strength training, and stretching.

▶ **CINDY CRAWFORD, 44**

This busy mom says she doesn't *find* time to work out, she *makes* time. Several days a week, she jumps on the treadmill and lifts weights, and on weekends, she hikes in her L.A. neighborhood.



CLOCKWISE FROM BOTTOM RIGHT: KICSPRESSE/SPLASH NEWS; SDF/L
SPLASH NEWS; STARSURF/SPLASH NEWS; PEDRO ANDRADE/BRET
THOMPSETT/PCPHOTOS; REALEXTONLINE.COM; OPPOSITE PAGE,
CLOCKWISE FROM TOP LEFT: WPS/WSS/LAS/FLYNETPICTURES; CIAQ PIV
NETPHOTO.COM; WIREIMAGE HOUSE/WIREIMAGE.COM; STEPHEN DANIELIAN



▶ **NICOLLETTE SHERIDAN, 46**
Besides running with her dog, Oliver, almost every day, Nicollette also rides horses, plays volleyball, and hits the gym a few times a week.



▶ **SHARON STONE, 51**
Sharon stays sleek and sexy by following a low-glycemic index diet—which includes whole grains, such as stone-ground wheat bread, lots of fruits and vegetables, and lean protein—and doing hard-core ab work (jackknives are her favorite).

★ **STAY-FIT TIPS**
Now's the time to start working on your balance, says Gunnar. Yoga should be part of your regimen a few times a week. **For cardio, swimming is joint-friendly. If you don't have access to a pool, try the stationary bike or rowing machine for a 25-minute cardio session.** And strength training with weights is key for bone density. Preserve your muscle mass and energy with lowfat dairy, fruits, veggies, and whole grains, says Elisa. To avoid a B₁₂ deficiency, include trout, oysters, salmon, turkey, milk, yogurt, and cheese.



▶ **TERI HATCHER, 45**
Clearly not desperate in the looks department, Teri is an avid equestrian. She also does intense cardio and strength training every day. Her diet consists of whole grains, lean protein, and tons of veggies.



▶ **VALERIE BERTINELLI, 49**
The Jenny Craig spokeswoman maintains her 40-pound weight loss by taking short hikes around her neighborhood, whipping up healthy meals at home, and focusing on portion control.