

JUNE 30-JULY 13, 2008

TV GUIDE

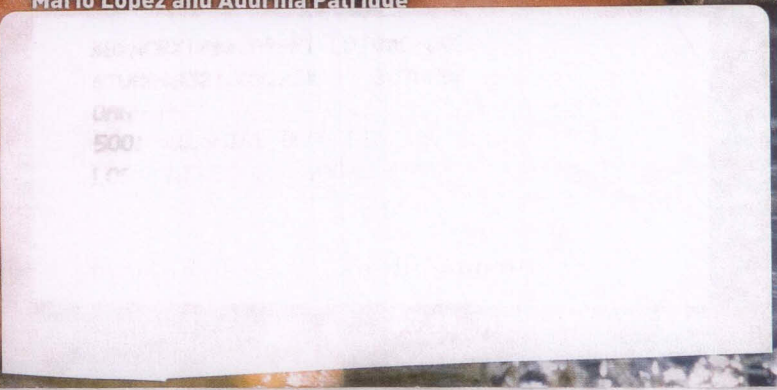
DOUBLE
ISSUE
TWO WEEKS
IN ONE

**Tim Russert
REMEMBERED**
**Battlestar Babe
GETS BURNED**
**Is Molly Ringwald
REALLY 40?**
**NASCAR'S
Bad Boy
Revs Up**

Killer Abs!
Easy Diets!
**Fast and Fun
Workouts!**
Stars Share
Their Secrets for

HOT BODS!

Mario Lopez and Audrina Patridge

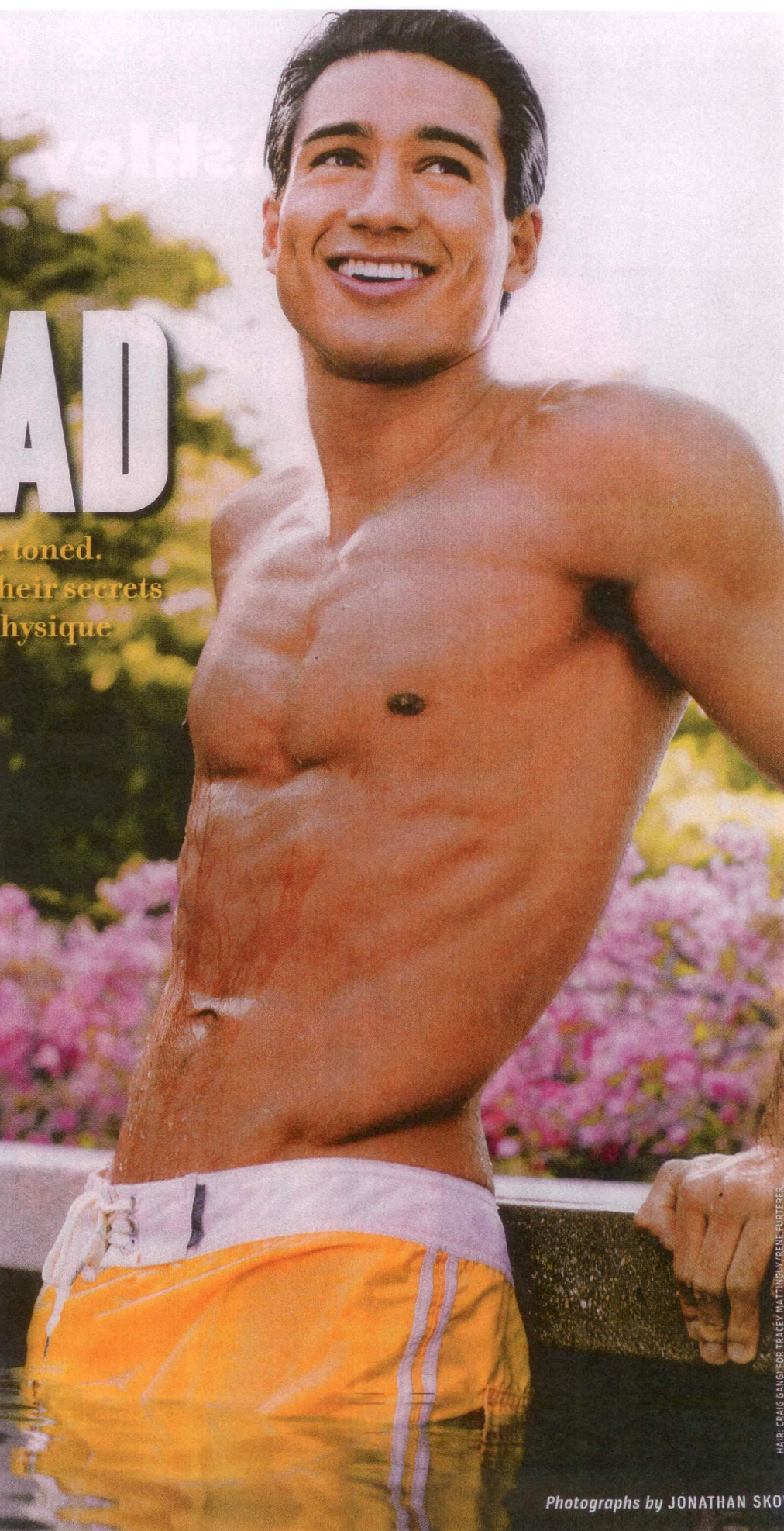


THE BOD SQUAD

They're tight. They're toned.
And they're sharing their secrets
for a smokin' beach physique

MARIO *Lopez*

He's more chiseled than the Grand Canyon, all thanks to an addiction to exercise. "It helps me burn off energy, de-stress and focus," says Mario Lopez, host of MTV's *America's Best Dance Crew* and coauthor of *Knockout Fitness*. "I never feel awake unless I'm sweating." A self-described "fat baby" turned "hyper kid," Lopez, 34, exercises for a minimum of one hour a day. **HE RUNS, BIKES, SWIMS, PLAYS BASKETBALL AND, THREE TIMES A WEEK, THROWS PUNCHES AT A BOXING GYM. HE EVEN DOES YOGA.** "I like to mix it up because I don't want to get bored," he says. "You keep your muscles guessing, and you stay motivated." Lopez, who doesn't count calories or measure body fat, grazes all day. He'll have fruit, yogurt and granola for breakfast, chicken and rice for a midday meal and for dinner, sushi. When he splurges, it's on rocky-road ice cream or chocolate-chip cookies. And while Lopez says his ideal woman is as health-conscious as he is, this single stud doesn't want to date a stick: "I like healthy, curvy women," he says. "Women who look like women, not girls." We're down with that.



HAIR: CRAIG GAUGH FOR TRACEY MATTINGLY/RENE FURTERER

Photographs by JONATHAN SKOV



ROSELYN
Sanchez

Without a Trace's sultry sleuth says she had to kick her workout routine into high gear when she turned 30. "When it happened to me, it was like, what is going on?" says Roselyn Sanchez, 35. "My hips. My legs. My stomach used to be really flat, but now I have to be careful with what I eat." She keeps in shape with P90X, a 90-day workout plan that has 12 DVDs designed to target a different area of the body. "I swear by it," says Sanchez, who's been doing the program every morning for six months. "Every girl needs to give it a try. It will change your body!" On weekdays, Sanchez relies on the NutriFit meal-delivery service and splurges on Sundays only: "If I feel like eating a red-velvet cupcake, I'll do it. Life is too short." In the we-don't-know-how-she-does-it category, Sanchez abstains from soda, coffee and booze entirely. **"WHEN I GO OUT, I ORDER CRANBERRY JUICE," SHE SAYS. "EVERYONE THINKS I'M CRAZY BECAUSE I DON'T DRINK."** Crazy like a stone-cold fox!

CLARK SAMUELS/STARTRAKSPHOTO