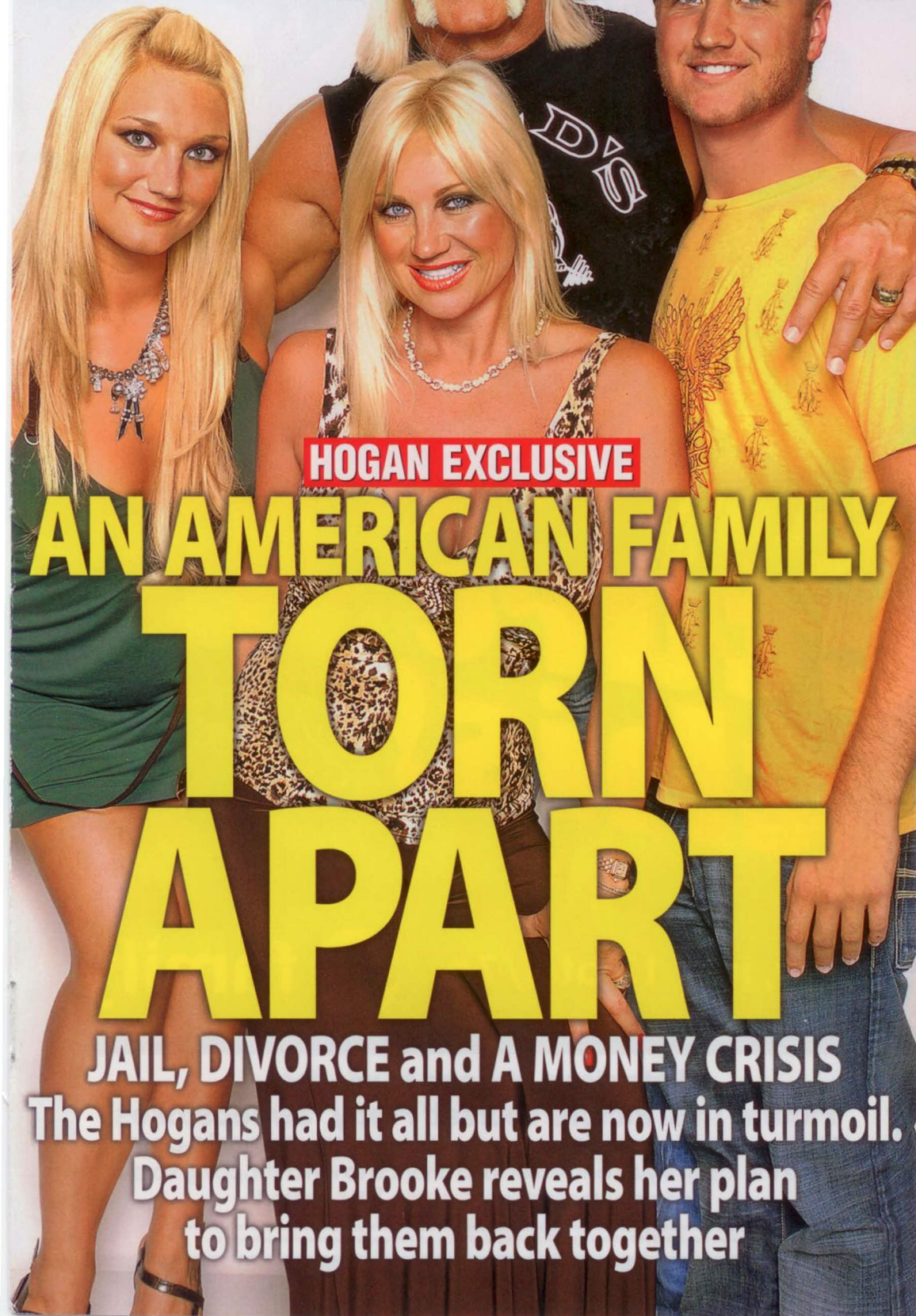


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Special Issue
BODY AWARDS!



HOGAN EXCLUSIVE

AN AMERICAN FAMILY TORN APART

JAIL, DIVORCE and A MONEY CRISIS
The Hogans had it all but are now in turmoil.
Daughter Brooke reveals her plan
to bring them back together

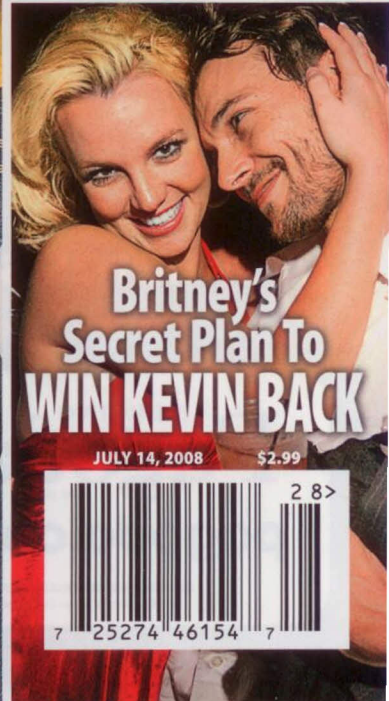


KATE HUDSON

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**Paris & Nicole
ARE THEY
STILL FRIENDS?**



**Britney's
Secret Plan To
WIN KEVIN BACK**

JULY 14, 2008 \$2.99



Life & Style reveals how to shape up like a star



HALLE BERRY

Hydrate, hydrate, hydrate!

New mom Halle Berry has her pre-baby body back thanks to trainer Ramona Braganza, who puts her clients on what she calls a 3-2-1 nutrition program. Her easy no-diet plan (which keeps the metabolism revved) consists of three protein- and fiber-packed meals, two snacks and at least one liter of water a day. She tells *Life & Style* that VitaminWater, specifically the energy variety, is a perfect way to hydrate

because it's "packed with B vitamins and natural caffeine for energy."

Ramona Braganza, celebrity fitness trainer



The tropical citrus flavor is a tasty pre-workout boost. \$1.50, national supermarkets



KATHERINE HEIGL

Learn to make easy snacks

The 5-Factor Diet guru Harley Pasternak, who's whipped Katherine Heigl into shape, tells *Life & Style* not to underestimate the power of the blender when in need of a healthy treat in a hurry. "Blend a can of chickpeas, lemon juice, olive oil and garlic for a delicious hummus dip," says Pasternak. "Eat with whole grain crackers or cut veggies."



5-Factor Diet creator Harley Pasternak



AMERICA FERRERA

Make time for high tea

Nutrition expert Philip Goglia, who works with America Ferrera, recommends drinking two to three cups of green tea a day "to help naturally reduce the appetite and increase energy." He explains that green tea contains chemicals that help the body burn fat.



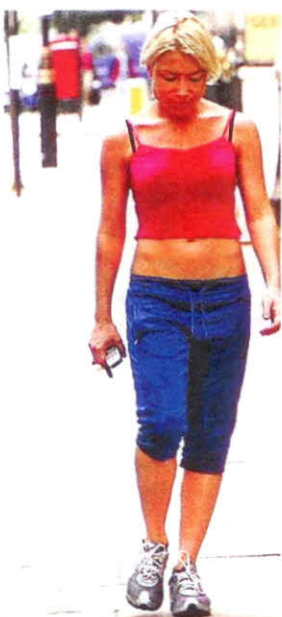
Philip Goglia, founder of Performance Fitness Concepts

Find water-filled foods

Afraid the body's not getting enough H₂O? "In addition to drinking plenty of water, eat your water," nutrition expert Jackie Keller (who works with Ginnifer Goodwin) tells *Life & Style*. "Enjoy fruits and vegetables that are moisture-rich, like watermelon and cucumbers."



's top 15 get-fit tricks



MADGE follows trainer TRACY ANDERSON's intense workout six days a week.

Keep the body guessing

Trainer Tracy Anderson has her clients (like Madonna) do routines that change constantly and have no repetitive motions — this way muscles are hit from different angles. Her method (which keeps muscles from getting bored but prevents them from bulking up) involves an hour on her Hybrid Body Reformer, a Pilates-like machine, and an hour of dance aerobics. “They do a machine program 10 times,” she tells *Life & Style*. “But the cardio changes a lot. I make up new routines all the time.”



AISHA TYLER

Don't forget your skin

Silky skin helps to enhance the bod — no matter what shape it's in. Just ask actress Aisha Tyler. “Moisturizer makes everything look good,” Aisha, who also relies on short sessions of high-intensity cardio for fat-burning, tells *Life & Style*. “You've got to lube up the arms and legs. That'll make you look foxy.”

Balance cardio and weights

A cardio-and-strength-training workout is a must, but trainer John Damon makes sure Heidi Montag does her cardio *before* her weights to maintain a lean, dancer-like look. “This way she tires out a bit and isn't able to lift very heavy weights,” he tells *Life & Style*. (For squat presses, Heidi uses 5 pounds at most.) It's a good way to choose the number of pounds that will tone without adding bulk.



Trainer John Damon of LA's Active Fitness gym



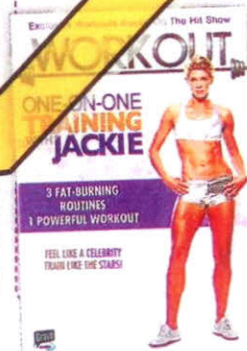
HEIDI MONTAG



GINNIFER GOODWIN
NutriFit founder and wellness coach Jackie Keller

Go green to fight cellulite

“Eating lots of heavy, leafy greens and roots, such as kale, collard greens, watercress and fennel, helps to decrease cellulite,” Jackie Warner of the Bravo show *Work Out* tells *Life & Style*. Why? They reduce water retention and fight inflammation, both of which contribute to lumps and bumps. Warner also suggests fat-burning foods, like celery, that “require more calories to break down than they contain.”



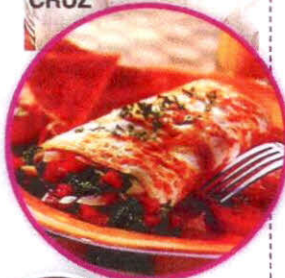
Some of Jackie's DVD workouts can be done in just 20 minutes!
\$9,
amazon.com

Have a hearty breakfast

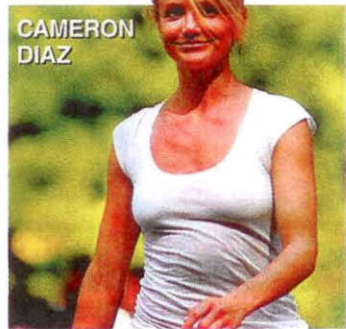
Breakfast really is the most important meal of the day and should be the heaviest, according to Hollywood fitness guru Gunnar Peterson, who has trained Penélope Cruz and Jennifer Lopez. His mantra? “Eat like a king at breakfast, a prince at lunch and a pauper at dinner,” he tells *Life & Style*, adding that protein is a must at every meal.



PENÉLOPE CRUZ



Hollywood fitness guru Gunnar Peterson



CAMERON DIAZ

Make simple changes

Trainer Teddy Bass, who works with hard body Cameron Diaz, says getting ready for a big event doesn't require a complete menu overhaul. “Just cut the alcohol and starchy carbs out of your diet for a couple of weeks,” he tells *Life & Style*, “and watch a few unwanted pounds melt away.”



Celebrity trainer Teddy Bass

