

# OK!

WEEKLY

ISSUE #28  
JULY 9 2007

save  
50¢  
compared to  
Us Weekly!

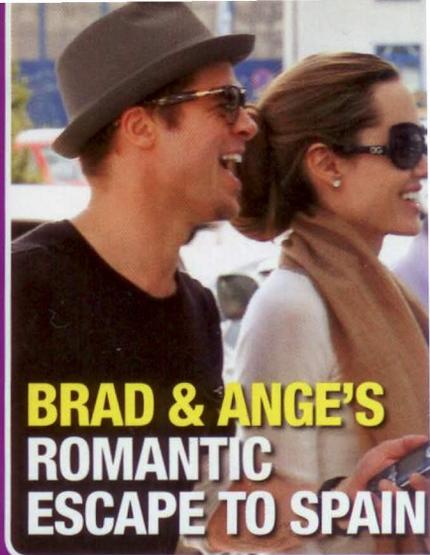
JEN & PAUL

# IT'S GETTING SERIOUS!

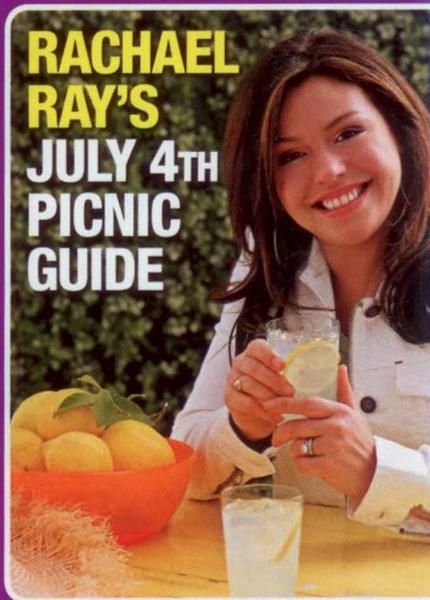
'She's fantastic,' he says. It's been a few months of romantic dates, dinners and sleepovers for the hot new couple

'Everything is going really well between us'

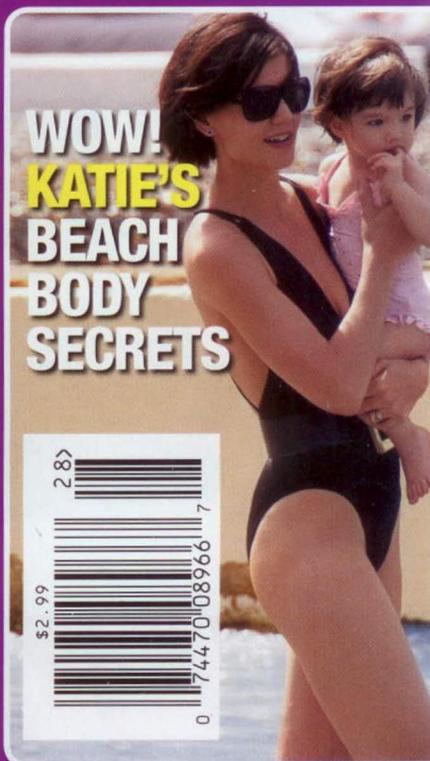
PLUS **PARIS'** NEW FRIENDS AFTER PRISON!



**BRAD & ANGE'S**  
ROMANTIC  
ESCAPE TO SPAIN



**RACHAEL  
RAY'S**  
JULY 4TH  
PICNIC  
GUIDE



**WOW!**  
**KATIE'S**  
BEACH  
BODY  
SECRETS



# Ea

“I’m very active... always on the go”

— Amanda Bynes



FROM LEFT TO RIGHT: WIKI FORSHEE/CORBIS OUTLINE; GETTY IMAGES; SIMON FERREIRA/STARTRAKSPHOTO

# t right on vacation

Going away doesn't have to mean letting yourself go. *OK!* helps you stay on track no matter where you are

## The perfect snacks

Long car rides and flights offer many opportunities to load up on unhealthy snacks and countless calories. Celebrity nutrition coach and NutriFit founder Jackie Keller gives *OK!* some waist-friendly suggestions to take along for the trip.

### \* Go nuts

Nuts are the ultimate snack because they are high in protein and low in saturated fat and carbohydrates. Raw almonds are your best bet, and walnuts are also good. Roasted or salted nuts are fine, but stay away from the sugar-coated ones!

### \* Fruity treats

Whenever possible, pack some easy-to-eat fresh fruits, like apples, peaches and cherries, that have an edible peel so you don't have to do any work. You can also opt for dried fruits — these days there's everything from papayas to mangos — which are rich in nutrients too. Just avoid banana chips, because they're fried.



### \* Turkey to go

All-natural turkey jerky is very satisfying. It takes a while to chew (so you won't gobble it up too quickly), and it offers solid protein with lots of added flavor.

### \* Hearty cereal

Bag up plain shredded-wheat squares or puffed-wheat cereal. They're easy to eat and packed with filling whole grains.

“I love a bowl of cherries”

— Katherine Heigl on her favorite snack

Turn for more eating on the go

“I find it hard to find something to eat. Always!”

— Rihanna



## Order without overdoing it

People use restaurants as an excuse to indulge. But when you're eating out for a week straight, it's easy to gain a few pounds. Here are some tips from Jackie Keller on how to dine out the healthy way, so you won't regret it.

- » **Portion control** Restaurants tend to serve huge portions. Tell the waiter ahead of time that you only want half of your meal served; have the other half wrapped to go.
- » **Start with soup** Vegetable-based soups are a great way to fill up so you don't overeat.
- » **Just ask** If your dish comes with a starchy side (i.e., rice or potatoes), ask for veggies instead.
- » **Key words** Look for pieces of fish or meat that are grilled or broiled. Always ask for it plain. Stay away from anything sauteed or fried.

- » **Salad talk** Instead of dousing your salad in dressing, dip your fork in the dressing and then pinch the lettuce. You'll get all the flavor and less of the fatty dressing.
- » **Sandwich shop** It's easy to ruin a perfectly good sandwich. Opt for a lean cut of meat, no cheese and skip the "special sauce." Mustard and salsa are low-calorie alternatives.
- » **It's okay to snack** Have a handful of almonds before you leave for the restaurant. This way you aren't overly hungry when you order and you'll be more likely to make better decisions.

## How to fit a workout in!

Celebrity trainer Michael George, who is responsible for Reese Witherspoon's svelte physique, tells *OK!* how to get exercise while you're away from home.

- 1 Bright and early**  
Work out first thing in the morning while your family is still asleep, so you don't feel like you're missing out on any fun.
- 2 In your room**  
Bring an exercise band (for some strength training) and a jump rope (for an easy cardio session) so you can exercise in your hotel room.
- 3 In the pool**  
Swimming is a great full-body workout; try to do laps for 30 minutes a day. Don't have access to a pool? Swimming in the ocean is an even more vigorous workout.
- 4 Take it outside**  
Rent bicycles and ride around to see the sights. Try to do walking tours whenever possible. Skip the double-decker bus!
- 5 Sitting down**  
While you're en route, either in the car or on the plane, try to do some seated glute squeezes. **OK!**

— Karen Berg