

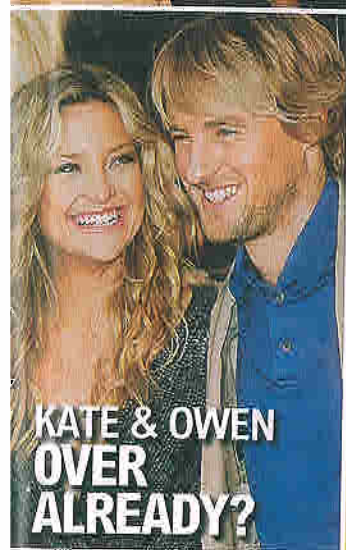
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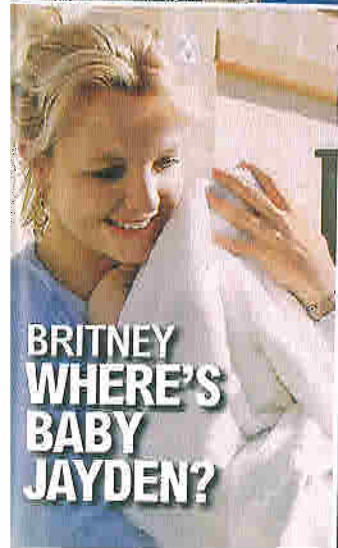
\$1.99



JULIA'S PREGNANT!



KATE & OWEN OVER ALREADY?



BRITNEY WHERE'S BABY JAYDEN?



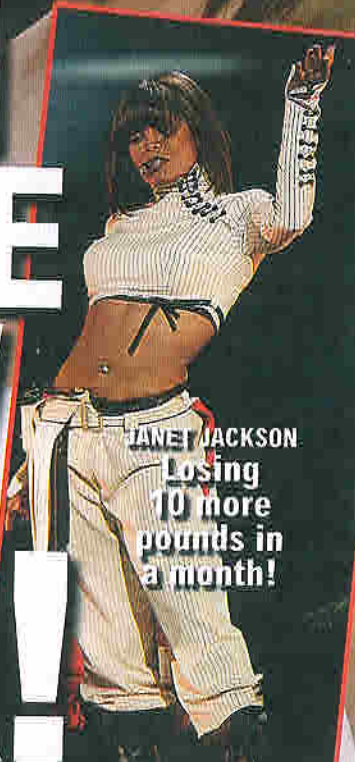
EXCLUSIVE



THIN FOR THE NEW YEAR!



JESSICA BIEL
How she got her best body ever!



JANET JACKSON
Losing 10 more pounds in a month!

Steal their secrets that really work

JANUARY 15, 2007



PHOTOGRAPHS BY JEFFREY MAYER

20 celeb



No wonder they're so slim! Check out all of the secret ways stars shave off the calories

1 FIND FUN WAYS TO BURN CALORIES

"As long as it's fun, you'll stick with it," says Rossum. She mixes dance and interval cycling Rev classes at Club/LA in Beverly Hills, so she doesn't get bored.

2 SHOP FOR FRESH FOODS

Mom Jennifer Garner got her figure back by avoiding processed and packaged foods. She stocks up on organic fruit and vegetables from an LA farmers' market.



3 TAKE THE GUILT OUT OF PIZZA

Eva Mendes got cooking tips from her trainer, Haley Pasternak, and tops whole-grain tortillas with tomatoes, turkey pepperoni and nonfat mozzarella.

4 GIVE YOURSELF A CUTOFF TIME

"I never go to bed till 1 a.m.," says Halle Berry. Consuming calories earlier in the day gives your body time to burn them off.

5 SLIP IN A DAILY MINI-WORKOUT

Girls Next Door Playboy bunny Holly Madison tries to work out a little bit (just 15 minutes) every day, making time in her busy schedule for simple stretching and strengthening exercises.

6 WHIP UP A POWER BREAKFAST

Reese Witherspoon starts her day with a protein breakfast. Combine hot cereal with fruit juice (blueberry or pomegranate), protein powder, a banana and one teaspoon of slivered almonds, says Jackie Keller of NutriFit.

7 CARRY YOUR WATER WITH YOU

Sophia Bush stays on track with her diet by traveling with Special K20 flavored water, which has five grams of protein and only 50 calories per 16-ounce bottle.



8 GIVE MENUS A MAKEOVER

When eating out, Eva Longoria modifies the menu, says her trainer, Patrick Murphy. "She'll ask for fish to be grilled without oil or get a side of steamed vegetables instead of mashed potatoes."

9 TOSS OUT LEFTOVERS

When you trash holiday decorations after New Year's, get rid of unhealthy leftovers, too, says Kerry Washington's trainer, Valerie Waters.



CLOCKWISE FROM FAR LEFT: ILLUS MARYCINEZ/FLASH NEWS; RAMEY PHOTO; GILBERT FLORES/IDEA PHOTO; DEBBIE VANHORN/PHOTO; BETTY STILLIS; HBB

diet tips

10 TRY THE COOKIE DIET

The Hollywood Cookie Diet (hollywoodcookie diet.com) helps stars like Kelly Clarkson slim down. Eat the vitamin-packed cookies (chocolate chip, oatmeal raisin or lemon) four times a day instead of meals, plus a sensible dinner.



13 REINVENT CHEESE AND CRACKERS

Instead of eating cheese on a cracker, Anne Hathaway puts it on a slice of cucumber, saving her 30 calories per piece!

14 TRICK YOUR SWEET TOOTH

"I definitely have a sweet tooth," admits Mandy Moore. She satisfies her cravings with low-calorie, high-protein Pears with Peanut Butter dip from trainer Harley Pasternak's *The 5 Factor Diet* book.



11 SKIP THE MIDDLE OF THE GROCERY STORE

"I only shop in the peripheral aisles of the grocery store and avoid all the bad, processed food in the center," says *Biggest Loser* runner-up Kai Hibbard, who lost 118 pounds in seven months! Instead of Goldfish crackers and Mini-Wheats, Kai buys fresh fish, peaches and asparagus.

12 KEEP OUT OF THE KITCHEN

Trainer Kathy Kaehler suggests celebrity clients like Denise Richards turn off the lights and stay out of the kitchen after dinner to avoid giving in to cravings.

15 SNACK ON ENERGY BARS

Celebrity nutritionist Oz Garcia suggests that clients like Hilary Swank snack on natural Lara bars. "They're made with nuts and crushed fruit and are really high in fiber," Garcia says.

17 BURN OFF YOUR SPLURGES

"It's a good-old Southern diet. I like my Thanksgiving and Christmas dinners!" Ashlee Simpson tells *In Touch*. "I get up the treadmill afterward." Walking 50k steps per hour, the equivalent of a McDonald's hamburger.

18 AVOID ARTIFICIAL SWEETENERS

The Pussycat Dolls download tips from the iTrain Body Makeover Diet (train.com), such as: Stay away from artificial sweeteners as they actually increase sugar cravings. Have fresh fruit or juice instead.

19 FUEL WORKOUTS WITH A SHAKE

To fuel her post-pregnancy workouts, Mariska Hargitay downs Muscle Provider vanilla protein shakes with blueberries, says her trainer, Jay Wright, of NYC's Peak Performance.

20 INDULGE IN LOW-CAL DESSERTS

Instead of fattening desserts, Jessica Alba eats 100-calorie South Beach Diet Snack Bar Delights, says her trainer, Ramona Braganza.

16 SAY NO TO FINGER FOODS

Finger food is generally high in fat-and-calories, so trainer Connor Peterson tells clients like Pinky Hope Cruz to eat it "in small quantities and in such large quantities that you eat more than you think."

