

# OK!

WEEKLY

50¢  
LESS THAN  
US WEEKLY!

JEN  
IN NYC  
SINGLE  
IN THE  
CITY

DRUGS,  
LIES &  
CHEATING  
HER SPLIT  
WITH SAM



THEN  
**294**  
LBS



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Biggest  
Loser

DIET  
SECRETS

# HALF MY SIZE!

NOW  
**186**  
LBS



NOW  
**169**  
LBS

THEN  
**257**  
LBS

**ONLY  
IN OK!**  
Tara and  
Helen reveal  
how you can  
lose the  
weight, too!



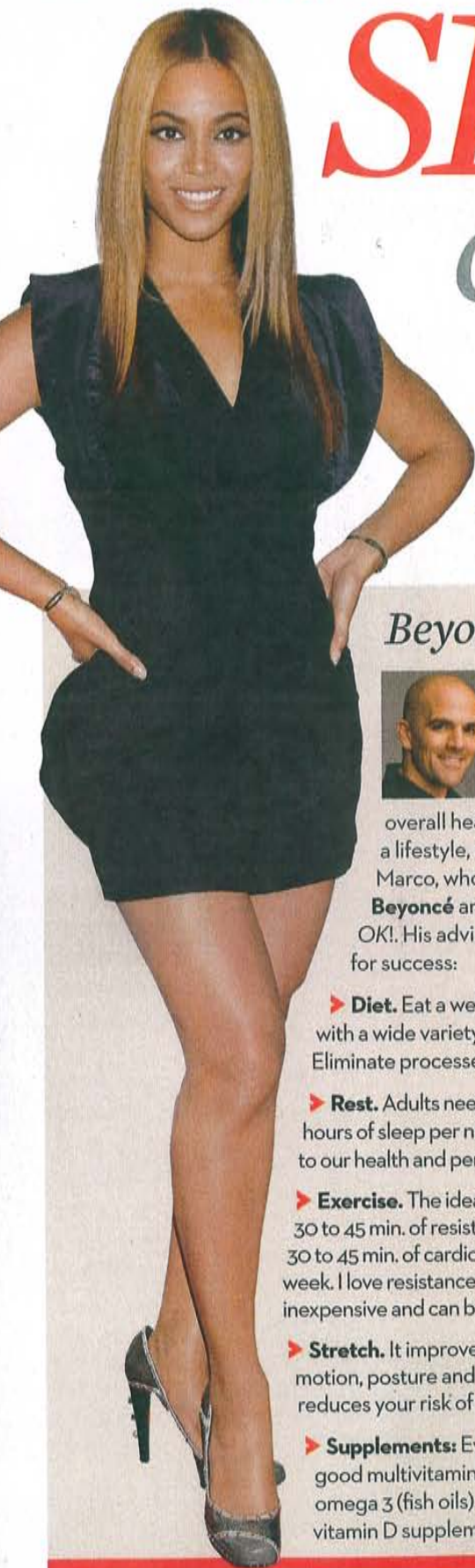
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# SECRETS of Celebrity Trainers

OK! BRINGS YOU THE MEN AND WOMEN BEHIND SOME OF THE BEST BODIES IN HOLLYWOOD



## Beyoncé



**TRAINER**  
**MARCO**  
**BORGES**

"I can't stress enough that overall health and fitness is a lifestyle, not a workout," Marco, who has trained **Beyoncé** and **Jay-Z**, tells OK!. His advice? D.R.E.S.S. for success:

- **Diet.** Eat a well-balanced diet with a wide variety of fresh foods. Eliminate processed food.
- **Rest.** Adults need seven to eight hours of sleep per night. It's important to our health and performance.
- **Exercise.** The ideal regimen is 30 to 45 min. of resistance training and 30 to 45 min. of cardio three days a week. I love resistance bands. They are inexpensive and can be used anywhere.
- **Stretch.** It improves range of motion, posture and balance, and reduces your risk of injury.
- **Supplements:** Everyone needs a good multivitamin. I also suggest omega 3 (fish oils), B complex and vitamin D supplements.

## Cameron Diaz



**TRAINER**  
**TEDDY BASS**  
Teddy, who has trained **Paris Hilton**, **Sheryl Crow** and **Cameron Diaz**, tells

OK!, "My motto is: Move it and lose it." Here are some other words of wisdom:

- **You are what you eat.** More calories mean a larger pants size. Load on calories early on in the day.
- **Variation and mixture.** I strongly believe it's the way to strike the right balance for body and mind.
- **There is no one path** to the perfect body — ample choices are available for everyone. I train in Pilates, weights and circuit training.
- **My favorites:** I love working out with the Bosu ball and dumbbells. Pilates magic circles are great, too!
- **Don't say,** "I can't have that anymore." Convince yourself that you are making healthier choices so you can achieve the body you desire.



# Gisele Bündchen



**TRAINER**  
**GREGORY**  
**JOUJON-**  
**ROCHE**

The founder

of Holistic Fitness is responsible for some rock-hard abs! **Gwen Stefani, Pink, Gisele Bündchen** and **Brad Pitt** have all trained with Greg, who has a very meditative approach to exercise. He reminds his clients to "be present when you train." What else does he tell his A-list hard bodies?

➤ **Leave the world alone** for an hour; this is your time to exercise. The world will be there when you get back.

➤ **Go green for a day.** Have green soups, salads and green veggie juice. A day like this will help your body thrive.

➤ **Drink my famous Fat Burning Lemonade.** It converts fat into energy. Pink loves it!

➤ **Hydrate** with half your body weight in ounces of water (eg., 120 lbs., 60 oz.) every day.

➤ **Buy a heart rate monitor.** It's the cheapest, most effective training tool you can own.

➤ **Spend five minutes alone** and just breathe. I force my clients to take time for deep breathing every time I see them.



# Angelina Jolie

**NUTRITIONIST**  
**JACKIE KELLER**



Celeb nutritionist and NutriFit founder

Jackie Keller has worked with a cast of gorgeous stars, including **Angelina Jolie**, Reese Witherspoon and Jessica Alba. Jackie tells OK! you shouldn't drink your calories. "Eliminate soda and drink one to two glasses of green tea daily," she says. She also warns against emotional eating. "Before eating, ask yourself to H.A.L.T.S.: Are you Hungry, Angry, Lonely, Tired or Stressed? If it's not hunger, what's really going on?" Here are some of her other food do's and don'ts:

## NEVER EAT:

- Bacon
- Butter
- Deep-fried anything
- Doughnuts
- Poultry skin
- Full dairy

## ALWAYS HAVE:

- Green tea
- Berries
- Broccoli
- Tomatoes
- Whole grains
- Fat-free dairy (yogurt, cottage cheese and milk)

OK!

— Karen Berg

