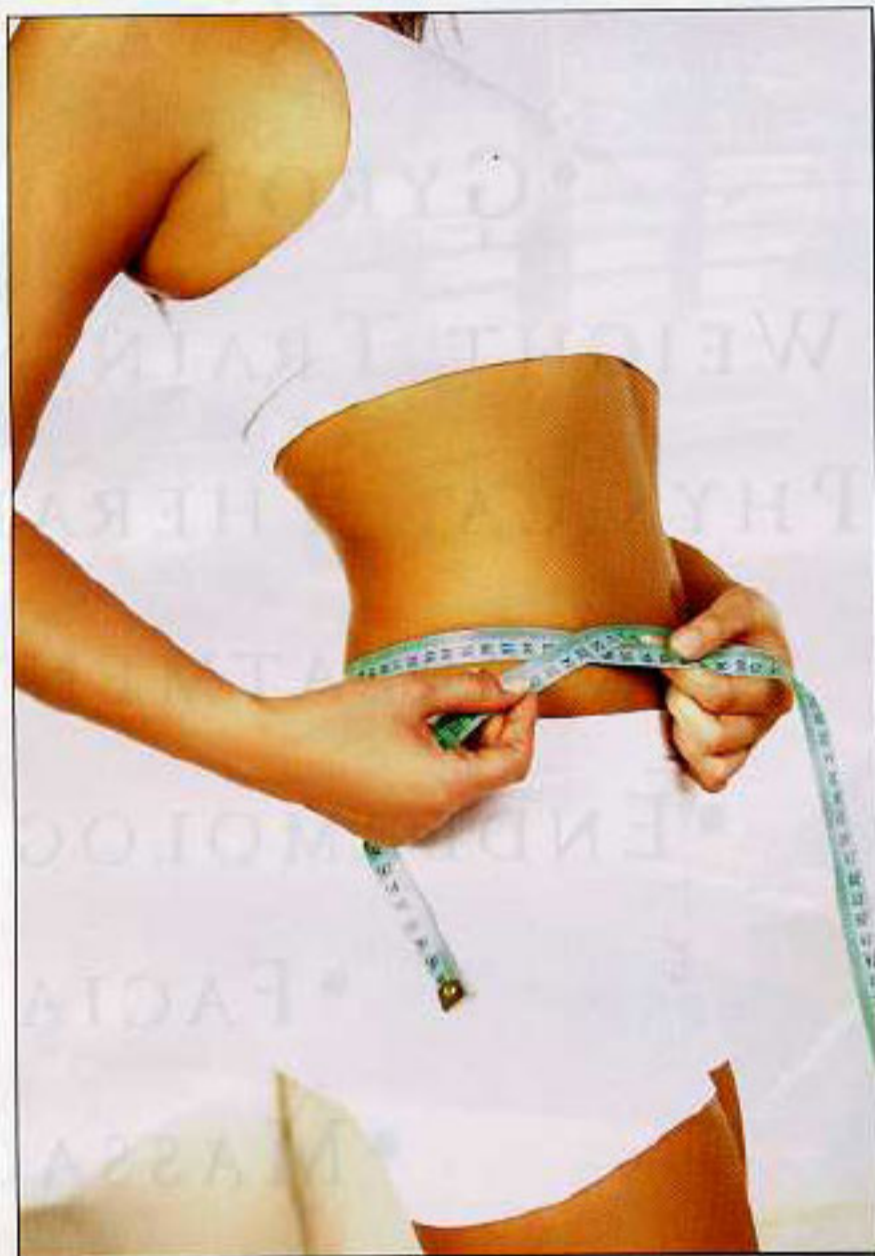


Red Carpet *Ready*

Get your star power going with celebrity trainer Valerie Water's workout and nutrition plan.

Words / Peggy Hall



If you're anything like me, you admire the fabulously fit physiques of superstars like Jennifer Garner, Courtney Cox and Jessica Biel. No scrawny skinnies here — these celebs are the picture of vibrant health. "Well," you might be thinking, "I could look like that... if I had a personal trainer and a private chef." Yes, it's true that the rich and famous may have a few advantages over us mere mortals, but the good news is that we can steal some of their secrets thanks to trainer-to-the-stars Valerie Waters. She's the brains behind some of the most famous bods in Hollywood, and now she shares her signature method for getting stars in top shape — in record time — in her recently released book, *Red Carpet Ready* (Scandinavian Clinical Nutrition, 2007).

"Being red carpet ready means different things to different people," Valerie explains. "In a general sense, it means one thing: feeling your personal best." This includes not only getting lean and toned, but also increasing your energy and improving your self-confidence. "But just so we're clear," Valerie says, "You will have a rockin' body!" Here's how:

Red Carpet Nutrition

"If you really want to see results," Valerie says, "you need to learn how to eat." The right foods help you lose weight, of course, but they will also "give you more energy, boost your immune system, improve your skin, and help you sleep better." Here are the top tips she gives to her celebrity clients:

- Eat five or six small meals a day
- Avoid processed foods and fast foods
- Plan and prepare your food in advance
- Limit alcohol to no more than two drinks per week

- Eat a portion of protein and healthy carbs at every meal
- Get enough fiber (fruits and veggies are best)
- Drink 80-100 ounces of water per day

RED CARPET READY WORKOUT

Day One: Fat-burning circuit training workout

Day Two: Cardio at moderate intensity for 20 minutes (walking, jogging, swimming, etc.)

Day Three: Interval cardio for 20 minutes (5 minute warm-up; 2 minutes easy, then 2 minutes hard for three rounds; end with 3 minute cool-down)

Day Four: Fat-burning circuit workout

Day Five: Cardio at moderate intensity for 20 minutes (walking, jogging, swimming, etc.)

Day Six: Rest

Day Seven: Active rest (yoga, walking, stretching, etc.)

Fat-Burning Circuit Workout

Adjust the amount of weight depending on your fitness level. Beginners, do the circuit once. Intermediate and advanced exercisers, do the circuit two or three times.

Crunches: 15-20 reps

Start on your back with your feet on the floor and hands behind your head. Engage your abs to lift your torso and "crunch" your ribcage toward your hipbones.

Reverse crunches: 12-15 reps

Start on your back, bend your knees, and draw your thighs toward your chest as you exhale and contract your abs. Avoid swinging or using momentum.

Elbow to opposite knee: 20 reps

Start on your back and take your hands behind your head. Keeping your knees bent and feet lifted, twist from side to side, alternating elbows to opposite knee.

Step-ups: 10 reps on each leg

Step up with your right foot onto a bench or stair about 12 inches high, and lift your left knee up as high as your hip. Complete 10 reps before switching legs.

Bent-over row: 10-20 reps

Stand with your feet hip-width apart, knees bent, abs tight. Holding two dumbbells with your arms extended, bend at the waist and draw the weights toward your chest, squeezing your shoulder blades together.

Squats: 10-12 reps

Stand with your feet hip-width apart. Bend your knees and lower your hips as if you were about to sit in a chair. Press through your heels to straighten your legs.

Push-ups: 8-10 reps

Start with your hands shoulder width-apart. Beginners, keep your knees on the floor. Keep your abs tight to avoid slouching in your low back.

Shoulder press: 10 reps

Hold a pair of dumbbells at shoulder height, palms facing out. Extend your arms and press the weights overhead.

Reverse lunges: 6-8 reps each leg

Start with your feet hip-width apart. Step back with one leg and bend the back knee. Press back up to starting position.



Complete all reps before switching sides.

Bicep curls: 12-15 reps

Hold a pair of dumbbells with your palms facing up. Hug your elbows into the sides of your body. Curl the weights toward your shoulders in a controlled fashion, without swinging.

Bench dips: 8-10 reps

Start by sitting on a chair or bench and place both hands on the edge. Bend your knees, scoot off the chair and lower yourself down several inches, keeping your back close to the edge. Press back up and repeat for reps.

If you feel your motivation waning, take heart: Valerie reminds us that "the girls you see in the magazines on or the red carpet didn't get that way by sitting around eating Bon Bons — whether they admit it or not," Val says. "They made a choice to live a healthy lifestyle and do what is necessary to maintain that physique." After a while, you learn to love being healthy. "It feels better when you eat right and exercise," Val says. And perhaps most importantly, "it allows you to live your life more fully," whether that includes walking the red carpet or not!

Recommended Supplements

"While we should focus our meals around a variety of real, wholesome foods," Val says, "there are some key nutrients that can be included in supplemental form."

FISH OIL – good for the brain; decreases inflammation; helps with weight loss.

FLAX SEED – excellent source of fiber; grind up one-three tablespoons per day and add to oatmeal, yogurt, salads or smoothies.

CUUR WEIGHT LOSS SUPPLEMENT – all-natural herbal blend of green tea and yerba mate that increases metabolism and helps prevent absorption of fat. "I've found that CUUR helps me curb my sugar and carb cravings," Valerie says, "which is important when you're trying to jumpstart a healthy program."