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Bringing  
**Sexy Pre-Baby**  
Body Back

An interview with celebrity trainer  
Valerie Waters

By Sean Liphard

Ever wondered how movie stars get their post-pregnancy bodies back to their pre-pregnancy shape so quickly? For actress Jennifer Garner (*Alias*, *Daredevil*, *13 Going on 30*, *Catch and Release*), the answer was Valerie Waters, the go-to fitness guru for Hollywood's elite. When Garner gave birth to her daughter Violet Anne, she had six months to be fit and strong for her role alongside Jamie Foxx as part of an elite FBI team sent to Saudi Arabia to stop a killer in the high intensity thriller *The Kingdom*. How did she do it and how can you? *H2O* went straight to the source for a one-on-one interview with Valerie to find out.

**H2O:** How soon after the birth of her daughter did Jennifer start working with you to take off the baby weight?

**Valerie:** After about three weeks I started her on a walking program. At five weeks we began a mini-strength routine and by two months after having her baby, we were training five days a week.

**H2O:** Describe your approach for the successful weight loss.

**Valerie:** We didn't focus on a number of pounds to lose. It's really about looking good and feeling good. Jennifer gained the normal amount of weight during her pregnancy and we wanted to get her back to normal, but you can't do that safely in two weeks. I take a more realistic approach. Jennifer felt good in jeans after four months, was ready to film *The Kingdom* in six months, and looked fabulous in a bikini at eight months.

**H2O:** Explain the exercise and diet strategy behind Jennifer's journey back to her pre-pregnancy weight.

**Valerie:** With all of my clients I always include circuit style strength training for two reasons. It's time efficient and effective. You burn calories while toning and building muscle, plus the workouts move quickly. With Jennifer, we also supplemented our workouts with her own cardio, usually walking. Her diet was very balanced, with a little more carbs because she was nursing - lots of chicken, fish, and veggies. She ate five times a day - three meals and two snacks.

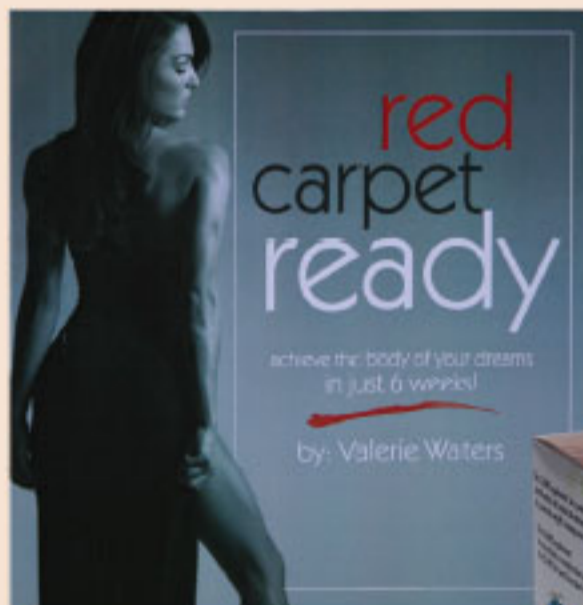
**H2O:** What is the most challenging part for most women?

**Valerie:** Definitely the abs. Your skin gets stretched out and weak from not being able to do any tummy exercises.

For Jennifer, incorporating Pilates really helped. We were going for a different look than her *Alias* body - not as physical, but softer - more of a super sexy mom instead of a kick ass babe. And she did it.

**H2O:** Congratulations on your new book, *Red Carpet Ready*. I know you put your clients on this six-week program. Can you tell me about the plan in general and how CUUR is incorporated into the plan?

**Valerie:** *Red Carpet Ready* evolved out of what I do with my clients. A lot of times they have a photo shoot, event, role, or pilot that they need to shape up for. This is the same program I use to get them ready. It involves three days of the circuit style strength training I mentioned earlier and three days of interval style cardio. You learn to set clear goals and intentions, the importance of eating "clean" foods and strategies on how to prepare them, including recipes. Part of the plan includes cutting out carbs from breads, pastas, and other similar foods, and replacing them with carbs from fruits and veggies. This can be very difficult for some people to adjust to, which is where CUUR comes in. CUUR is an all-natural, clinically tested weight-loss supplement consisting of four botanical extracts, designed to help you curb those carb cravings.



Above: Order *Red Carpet Ready* for \$39.95 at [www.redcarpetready.com](http://www.redcarpetready.com).

Right: Valerie incorporates CUUR into her six-week *Red Carpet Ready* system. CUUR is available at *The Vitamin Shoppe* or [www.cuur.com](http://www.cuur.com).



**H2O:** What are the benefits to using CUUR?

**Valerie:** Unlike other weight loss products, CUUR is natural, so there are no side effects. It uses green tea to help speed up metabolism, but won't make your heart go 100 miles an hour or give you the jitters like some other products out there on the market.

**H2O:** What should people remember if they decide to use CUUR for weight loss?

**Valerie:** As with any nutritional supplement, you should consult your health care professional prior to use if you have or suspect a medical condition, are taking prescription or over the counter drugs.

**H2O:** Any other advice, tips, or keys to success for weight loss from your *Red Carpet Ready* book?

**Valerie:** I have two important things for people to remember. First, you can't out-train a bad diet. Period. And second, the key to success is planning and having very specific strategies in place. It simply will not work if you leave it to chance.