



## HOLLYWOOD'S HOTTEST TRAINER TELLING SECRETS



If you've ever wondered how top celebrities like **Jennifer Garner** get in shape for a box office hit role, ask Valerie Waters, celebrity trainer for over 20 years. Valerie has trained such hot celebs as **Jessica Biel, Cady Crawford, Tina Majorino, Matt Dillon, Richard Gere, Carrie Ann Moss, Jim Carrey, and Jennifer Lopez...** Valerie is the ultimate fitness problem-solver. She has won the reputation for a quick turnaround and a trademark look that is more "tone and trim" than "bulk and

build." For females, she draws from the very physiques that inspire her: athletic, elegant and toned, yet feminine. For males, she avoids excess mass in favor of a fit, lean appearance. But it is her natural connection with people that truly sets her apart. She has the capacity to translate a person's emotions, whether positive or negative, into a customized workout - making her clients experience a transformation of the mind as well as the body. ([www.ValerieWaters.com](http://www.ValerieWaters.com))

There's more to being fit than just working out. Valerie teaches that healthy eating must be part of the routine and recommends eating five small, healthy meals each day rather than 3 large meals.

Skipping breakfast is a no-no. "Studies show that people who eat a healthy breakfast are slimmer than people who don't," says Valerie. "And when you eat protein with every meal, I guarantee you'll feel more satiated and energized."



In terms of vitamins, Valerie says, "Take a good multi-vitamin and anti-oxidants," but adds that she also takes an all-natural supplement called CUUR, to curb sugar and carb cravings.

Valerie's new book, titled *Red Carpet Ready*, is about to be published. In which, she shares intriguing secrets about her experiences with the stars. Whether it's the Oscars, a wedding, or a day at the beach, body image is important to people, especially in Hollywood, and with Valerie Waters on your team, you can't go wrong.