

January 14, 2008
\$4.50 (incl. GST)

Who

Ricki Lake
63kg
LOST

Jessica Simpson
12kg
LOST

AMERICA'S
STARBUDDIES

STARS ON
HOLIDAY
Jennifer Aniston
& Courtney Cox
in Mexico

Sarah Michelle
Gellar in Hawaii

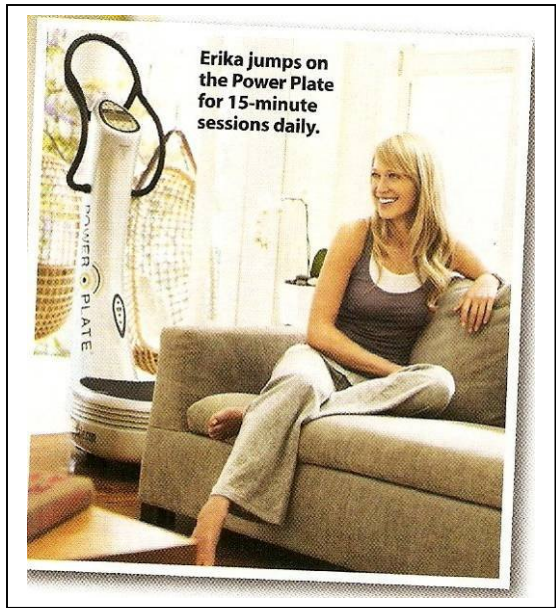
PARIS
UP WITH

AMERICA
FERRERA
9kg
LOST

HALF THEIR SIZE!

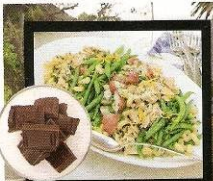
How 16 stars shaped up. As real-life success stories to inspire you

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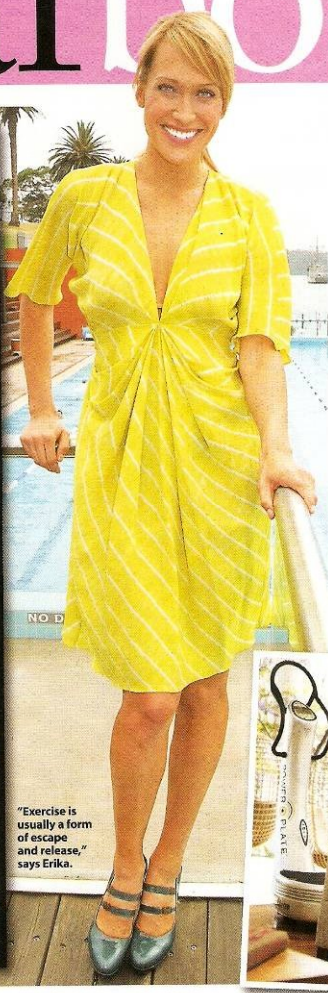
Starbodies

Move it and lose it with Simone Casey



Diet tips
"I always need a really big meal to start my day, so I make breakfast burritos with fresh beetroots, ginger, apple and lemon juice. Lunch is a tuna salad with avocado, seed mix and a chunk of sourdough bread. If we get takeout, we tend to go for Thai or Vietnamese. Dessert is good, dark chocolate."

Exercise
"I'm a big fan of spin classes, running and yoga. Running is great for endurance and to burn off any steam. Yoga is helpful in slowing me down and reconnecting body and breath. I use the Power Plate to warm up before a major workout—it enhances my strength training and stretches and relieves sore muscles."



Gabriel's Erika Heynatz

The newlywed stays healthy with spin classes and "clean, fresh" food

The "don't eat rubbish" diet really works, according to actress, singer and TV presenter Erika Heynatz, who prefers "clean, fresh food" that is unprocessed or, better still, organic: "Cutting back on refined sugar and caffeine during the day helps me keep my energy levels up. Nuts or fresh fruit or tinned tuna are the best on-the-go snacks that are easy to chuck in your bag."

The star of supernatural action film *Gabriel* (released in November 2007) and former *It Takes Two* winner (her

debut album is due out this year) exercises every day with spin classes, yoga, swimming, surf skiing, weight training or power walking and is an advocate of Power Plate, a "vibration technology" machine (www.power-plateaustralia.com.au). "As a workout, it's a great complement to my usual exercise routine as I get toning and strengthening results as well as the benefits of relaxation," says Erika, 32, who lives in Sydney with her new husband, finance broker Andrew Kingston.

A "big believer" in alternate therapies, Erika regularly has reflexology, iridology, acupuncture and aromatherapy massage treatments. At 1.79m with a "stable weight," Erika says her aim is to be a "strong, focused, healthy, disciplined and energetic woman, rather than just a slim one," she says. "Posture and personality say more about how we feel about our body than our weight does."



THIS WEEK'S CHALLENGE

- ✓ Do: Eat frozen veges over tinned, which can be high in salt and sugar.
- ✓ Do: Prepare for overindulgent evening parties by eating healthy, filling meals during the day.
- ✗ Don't: Say "later"—it always becomes "never." Commit to some daily exercise.

Watch: Jillian Michaels's hip-hop DVD aimed at teenage girls (\$29.95, from major retailers)

