



Who Magazine
April 7, 2008

ERIKA HEYNATZ

71 "I exercise every day and like plenty of variety in the routine. Spin classes, running, yoga, swimming, surf-ski, Power Plate, weight training, power walking."



Priscilla: MY COSMETIC SURGER NIGHTMARE!



Who Cover



1

JENNIFER ANISTON
Less (clothing) is more. "There are parts of my body that I don't mind, and parts that I can't stand," the actress concedes. How she gets around it: "swimming costumes" ("There's nothing constricting the bad areas") and "long, flowy, summer dresses. You never feel fat."

Be a tomboy. "I've always played a lot of sports—volleyball, softball, baseball. I was a gymmat for nine years."

Walks with her dogs. "When she's not working, Panettiere takes daily strolls with her pets up the hill near her West Hollywood home."



8

HUGH JACKMAN
His workouts consist of "interval strength training"—doing, say, a squall and a shoulder press, at the same time.



10

RIHANNA
"I go through a phase where I just eat whatever. Then when I look in the mirror and I'm finally fed up, I stop and I'm back on my regimen. And it keeps going like that."

"I do the elliptical for 30-40 minutes. You have to do it fast from beginning to end. I spend it up in between, then I come up some more."

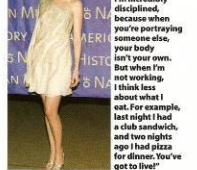
"I hate vegetables, but vegetables help. Carbs are my biggest enemy."

"If I know I'm going on vacation, I'll do Pilates for two weeks straight."

Flaunt your assets. Her favourite body part? "My butt. It makes all my clothes look good. It's not just a dress—it's a dress! My butt perks up everything else."

A MODERATE APPROACH

Yes, these stars say you can eat pizza and skip the gym. But don't overdo it or overdoing it!



15 **ANNE HATHAWAY**
"When I'm working, I'm incredibly disciplined, because when you're portraying someone else, your body isn't your own. But when I'm not working, I think less about what I eat. For example, last night I had a club sandwich, and two nights ago I had pizza for dinner. You've got to live!"



16 **ELIZABETH MITCHELL**
"I normally eat everything under the sun. But once a year for a month, I eat fruits, vegetables, nuts and lean fish, and I feel great."



17 **CLAIRE DANES**
"She's not in the gym six days a week," says her trainer, Joe Dowdell, who says three days of cardio is healthy. "You shouldn't go to extremes."

100 WAYS TO GET A

From Jennifer's cardio workout and Gwyneth's raw-food fast to Mariah's

CELEBRITY BODY

water aerobics, the stars share their top tricks for getting gorgeous

