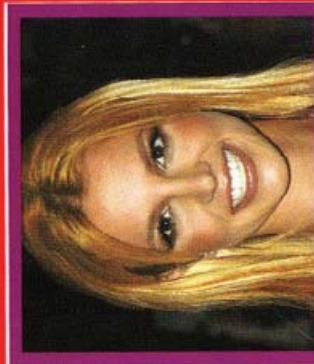


# PSSST! Stars' Get-Slim-for-Summer Secrets

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WEEKLY



REVEALED! CELEB  
CHEAPSKATES



Reese

J. Lo

HOW THEY WENT FROM  
PUFF TO BUFF

DOUBLE ISSUE ■ SPECIAL REPORT

## Six-Weeks-to-Summer Shape Up

Can't afford \$4,000 a week for that personal trainer and macrobiotic chef? Don't sweat it. These tips from two pros will have you shaped up by summer without crash diets or boot-camp workouts. This program requires healthy eating, an active lifestyle and a little discipline.

Trainer Greg Isaacs, the author of *The Ultimate Lean Routine* and Equinox gym's director of West Coast programming, whips Russell Crowe and Pierce Brosnan into shape. **Oz Garcia**, the author of *The Healthy HighTech Body*, is the nutrition guru to Kim Cattrall and Veronica Webb.

Together, they chart a 42-day weight-loss course:

### ■ Week 1:

Eat three meals and two mini-meals per day (a serving of fruit and a small amount of protein).

**Reduce "bad stuff":** caffeine, juice and soda; processed foods (like potato chips and luncheon meats); sugar; salt; artificial sweeteners; and wheat-based carbohydrates (like sugary cereals and pizza).

**Introduce healthy foods:** raw fruits and vegetables (all you can eat); two servings per day (four to six ounces each) of lean meats like turkey and skinless chicken or seafood; complex carbs (like oatmeal, flax- or sunflower-seed bread and brown rice) as a replacement for simple carbs.

**Drink water:** at least two liters every day.

**Balance caloric intake with aerobic exercise for 20 to 30 minutes:** walk, bike, Rollerblade — anything to elevate your heart rate and increase your metabolism.

### ■ Week 2:

Continue diet program started in Week 1.

**Add strength-training twice a week for 20 minutes.** Do push-ups, sit-ups and lunges. Start with two sets of eight repetitions of each exercise.

### ■ Weeks 3, 4 and 5:

Continue to reduce and eliminate "bad stuff" while adding more seafood (at least four to six ounces per day), water, fruits and vegetables to your diet.

**Increase cardio workouts by 10 minutes (30 to 40 minutes total).** Add three-pound weights to your strength-training routine. Do three sets of 12 to 15 repetitions.

### ■ Week 6:

**The "Fat Flush":** Eliminate all processed foods, wheat-based carbs and desserts.

**Increase cardio workouts to up to one hour, three times per week:** Do 20-minute strength- and weight-training sessions three times a week and increase weights to five pounds. On weekends, take a hike or play a sport. **GINA WAY** ▶