

BIKINI-BODY COUNTDOWN

WEEK 1

10-WEEK SUMMER SLIM-DOWN SPECIAL

It's the home stretch! OK!'s final A-list tips before you hit the beach.



STAR BODY OF THE WEEK: BROOKLYN DECKER

Brooklyn runs, lifts weights and does yoga. She also eats a healthy, nutrient-rich diet.

Go to okmagazine.com/bikinibody for the complete 10-week summer slim-down plan.

DIET

BINGE ON BERRIES

The final piece in the diet puzzle is to get a beautiful bod, not just a slim one! Nutritionist Oz Garcia says eating antioxidant-rich foods does just that. They fight cell damage, giving you younger, firmer-looking skin. "A cup of berries has all the antioxidants you need for a day," he says.

WORKOUT

SWITCH UP YOUR CARDIO

"People get hooked on one kind of cardio," says David Barton, owner of DavidBartonGym (Pink is a member). But muscles adapt to habitual moving and stop working as hard. Use intervals to mix it up. Do three minutes at a fast speed, then a one-minute rest. Speed up with each increment.

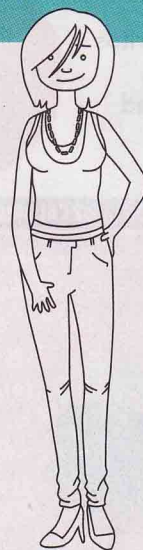
SMART IDEA

BE THE BEST YOU

Curvy model Brooklyn Decker knows it's not just about exercise: "In my business, I'm not a toothpick. I tried to fit a mold. My dad said, 'You have to [be] the best you, not what anyone else tells you to be.'" Amen!

Q: How did you do it?

A:



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