

BIKINI-BODY COUNTDOWN

WEEK 5

Follow **OK!** every week as we reveal the stars' best tips for getting swimsuit-ready

10-WEEK
SUMMER
SLIM-DOWN
SPECIAL



STAR BODY OF THE WEEK: ANNALYNNE MCCORD

AnnaLynne takes long hikes, in Runyon Canyon in L.A., with her best friend to make exercise even more fun.

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

DIET

CUT THE BAD FAT

"Eliminate red meat and any other meats that are smoked, fried or processed. Half the fat in these is saturated," says nutritionist Oz Garcia, whose client list includes Hilary Swank. "Saturated fat takes the body longer to convert into energy, so it ends up stored on you, rather than fueling you."

WORKOUT

WORK THOSE ABS

"To tone abs, do crunching movements – move the chest toward the hips, pulling your spine into a curve," says DavidBartonGym owner David Barton. Try it on a mat with sit-ups or on a machine at the gym. Remember, you could do 1,000 crunches, but without a healthy diet, your work won't show.

SMART IDEA

TRY NEW MOVES

When 90210's AnnaLynne McCord moved to L.A., she couldn't afford a gym, so she tried DVDs and found belly dancing. "[When you're] shaking your booty," she's said, "you can't help but feel beautiful and sexy."

Revitalize, renew, and



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