

BIKINI-BODY COUNTDOWN WEEK 9

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

DIET

LOAD UP ON VEGGIES

"Make sure to have at least two large servings of vegetables per meal – any combination of raw, steamed, stir-fried, grilled or roasted will do," explains celebrity nutritionist Oz Garcia, who works with Heidi Klum. "Veggies give you much-needed fiber, which keeps you feeling full." Try eating a green salad before meals, so you fill up on the good stuff!

WORKOUT

HIT THE TREADMILL

"Add interval training twice a week," explains David Barton of DavidBartonGym, whose members include Pink and Gwen Stefani. "Try doing one-minute sprints with 30-second rests for 20 minutes total. This will burn more calories than running at the same pace. In general, driving your heart rate up and down burns fat fast."

**STAR
BODY OF
THE WEEK:
AUDRINA
PATRIDGE**

Her workout playlist includes songs like "Heads Will Roll," by the Yeah Yeah Yeahs, and "Wildcat," by Ratatat.



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...a workout," says the 24-year-old. "And I love the way they smell and feel."

3 ECO H₂O...

"I'm trying to do my part for the environment, and I really like this glass water bottle that I can reuse. It has a silicone lining so I don't have to worry about it breaking."



Water bottle, Lifestory.com, \$30

4 HEALTHY SNACK...

"I keep a few of these in my gym bag for a quick snack on the go," Audrina tells OK!. "The Cherry Dark Chocolate ones are so yummy!"



TLC granola bars, Kashi, \$5; food stores

5 TRENDY TOTE...

"It's durable – and big enough to fit everything I need, without being too bulky!"



Bag, Diesel, \$70; diesel.com

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