

7 Days to Go...

One week before

Double your cardio. If you jog 20 minutes three times a week, do twice that, says L.A. trainer Teddy Bass, who works with Cameron Diaz and Lucy Liu. Not only will this burn extra calories, it will also help you shed water weight.

Up your intake of olive oil. It may help ward off belly fat, says Los Angeles nutritionist Christine Bybee. In the short term it can also satiate you. "Eating more fat and protein helps you stay fuller longer," says Bybee, who recommends drizzling it over salads.

Watch your portions. While it's good to eat protein and fat, you shouldn't be swallowing a side of fatty beef, says Bybee. "Have a palm-size portion of lean filet mignon."

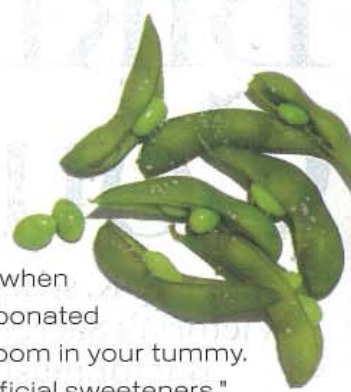


The day before

Stop swallowing air. Sure, they have no calories, but all those air bubbles you take in when chewing gum or drinking carbonated beverages take up valuable room in your tummy. "And forget anything with artificial sweeteners," says Wiatt. "Sorbitol, mannitol—they all cause stomach upset and bloating."

Steer clear of sneaky salt traps. Ever wonder why mixed greens taste so good at a restaurant? Before dousing them with a sodium-rich dressing, many chefs salt the leaves. From a bloat perspective, you might as well be eating chicken noodle soup or salted edamame.

Get a body wrap. Though temporary (results last 24 to 48 hours), wraps can shrink inches from your body by eliminating excess fluids, says spa expert June Jacobs.



Two days before

Drink more water and eat water-rich foods

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The night before

Dine on grilled salmon and zucchini. "You don't want to eat any vegetables that are too gassy," says Wiatt, noting that this high-protein, low-calorie combo is "mellow on your stomach and easy to digest." Instead of mixing yourself a calorie-laden cocktail, brew up some dandelion tea, a natural diuretic, advises Bybee.

The morning of

Don't starve yourself. It could backfire in a bagel frenzy. Instead, eat a bikini-friendly breakfast of nonfat yogurt topped with banana slices and walnuts, suggests Bybee. Still feeling nervous about your figure? When facing anyone you want to impress, "square your shoulders, turn your hips to one side and—bam!—a waist appears," says Bass.

—Hallie Levine Sklar

