

SECRETS
of the stars



are you a cardiophile?

THE WORKOUTS Pulse-pumping sweat
running (644 calories per
★ cycling (451 to 805 per
class) or ★ swimming (644)



Look Swanky: Layer up so you can shed as you sweat.

POOF! 500 CALORIES GONE! p. 140

SELF

YOU AT YOUR BEST

Get Slim Without The Gym

A Fast and Easy Fat-Melting Plan!

HAVE THE BEST SEX OF YOUR LIFE p. 164

26 Shockingly Simple Health Helpers

TEAR-OUT CARDS

Instant Ab Makeover

A Flatter Tummy, Guaranteed!

Bonus!
New Fitness Videos at Self.com

BE A NATURAL BEAUTY
Plus: Rebecca Romijn's Look-Great Routine

104 Celeb Secrets
Top Toning Moves, Healthy Meals And More!

Star following

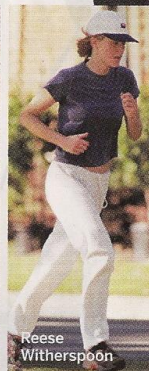
Cindy Crawford, Renée Zellweger and **Reese Witherspoon** run outside, and **Beyoncé** hits the treadmill. **Marcia Cross, Helen Hunt** and **Jodie Foster** are Spinning stars. **Nicole Kidman** goes surf-and-turf: laps in the pool plus running outdoors. **Hilary Swank** Spins, runs and swims.



Cindy Crawford



Renée Zellweger



Reese Witherspoon

Aussie line.

BEAUTY BEAT

When you sweat a lot, you shower a lot, which can cause your skin to dry out. To get dewy skin like **Nicole Kidman's**, spray on Model Co. Skin Drink moisturizer (\$30), an ultralight mist. Use it or an oil-based lotion on still-damp skin.

Diet style

Low in fat, high in nutrients wins the race, says Christine Bybee, a nutrition coach on Brentwood's "sweat alley" of celeb gyms.

SNACK ATTACK When **Mariska Hargitay** and other clients of L.A. trainer Gary Kobat need fuel for a run, they pop an Almond Butter Ball.



\$15 per jar; BettyLous Inc.com

TRY-IT TIP

Trainer **Tarik Tyler** in L.A. has **Kate Hudson** swim sprints in her backyard pool. "She'll do freestyle sprints 15 times up and back, then grab a paddleboard and stand still while moving it through the water like a sword for two minutes to target her core," says Tyler. She alternates the sprints and swords for 20 minutes nonstop to burn and firm.

Motivator Swim/bike/run for... (fill in the blank). **Felicity Huffman** did the running leg of an AIDS charity triathlon. Find two friends and sign up!



Run like Huffman for a cause.

Additional reporting by Marlien Rentmeester, Shelley Levitt, Beth Janes and Natalie Gingerich

CLOCKWISE FROM TOP RIGHT: LAWRENCE SCHWARTZ/WALD/SPLASH NEWS; DAVID ROJNER/AT/AGENCY.COM/AN KLABIK/SPLASH NEWS; STEVE GRANITZ/WIREIMAGE.COM; GILES HARRISON/SPLASH NEWS; O'NEILL/WHITE/IN/GOFF.COM; PHILIP/PHILIP/PHILIP