

## How Stars Rock the Red Carpet

Remember the gold backless, sideless and nearly belly button-baring dress Jennifer Lopez wore to last year's Golden Globe Awards? It's nearly time to ogle sculpted celebs in sequins again: The awards show is on January 17. We grilled celebrity nutritionists **Christine Avanti**, author of *Skinny Chicks Don't Eat Salads*, and **Ashley Koff, R.D.**, a FITNESS advisory board member, to find out how A-listers prep for those deliciously daring dresses.



Say Pink comes to see you. What's the first thing you tell a new client?

**AK:** "Balance your nutrients. Every three hours, eat one serving each of carbs, protein and healthy fat for energy without adding pounds. Still hungry? Snack on veggies. They have enough bulk to send the 'I'm full' message to your brain."

What if she shows up just a few days before a big event?

**AK:** "To look as lean as possible,

I suggest a nutrient-rich liquid diet—smoothies made with plain coconut water, protein powder and berries; organic vegetable juice; and no-sodium soup purees with healthy fats and proteins, like flaxseed oil, hemp seeds and seaweed—so she won't keel over on the red carpet!"

How do stars beat bloat?

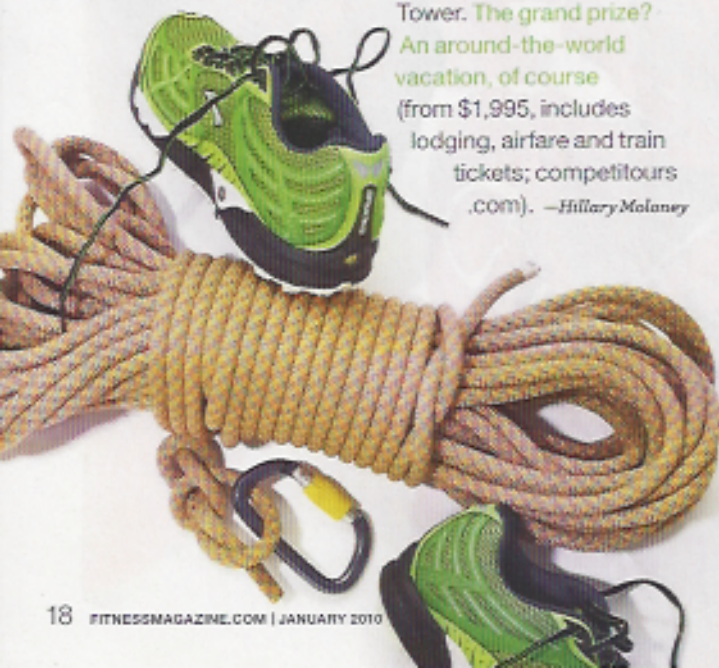
**CA:** "They avoid salt as much as possible. If they slip and eat some pretzels, I tell them to have half a banana or another potassium-rich food. Sodium pulls water into your cells and makes you retain it, while potassium pumps it out, which helps to deflate bloating."

What kind of exercise is best?

**CA:** "My clients do an hour of cardio, like running, plus yoga every day. The sweating, twisting and bending flush toxins that accumulate in organs and fat tissue and that can lead to weight gain or bloating."

**Game On!** Have you ever thought, "I could do that!" while watching *The Amazing Race*? Now's your chance. Adventure-travel company Competitours organizes nine- to 12-day European challenges for daring duos. Recent tasks included rappelling from the top of a former steel mill in Düsseldorf and videotaping 15 tourists doing the cancan on the Eiffel

Tower. **The grand prize?** An around-the-world vacation, of course (from \$1,995, includes lodging, airfare and train tickets; [competitours.com](http://competitours.com)). —*Hillary Moloney*



Survival of the Fit Test

## Shake Weight

(\$19.95, [shakeweight.com](http://shakeweight.com))

**The Claim** An upper-body workout in six minutes.

**The Tester** FITNESS Features Writer Chee Gates

**The Bottom Line** "I decided to try this gadget, which looks like a dumbbell with accordion-like shocks on each end, after reading that a minute of jiggling it is equivalent to 120 reps of traditional dumbbell exercises. I popped in the DVD to learn the technique; basically, pretend you're shaking a martini. I rattled through two sets of eight reps of six exercises (biceps curls, triceps extensions and more). Between the moves, I did a set of 'active rest' (lifting and lowering without the James Bond-like action). Three minutes in, the 2.5-pound weight started to feel heavy. My breath quickened, and the jiggling forced me to engage my core, arms and back. When I was finished, my upper body felt ablaze. I'm a believer—somebody shake me."