

Stars' Bikini Body Tips



Sheridan

"I've discovered this thing called Gyrotonic. It's similar to Pilates, but it uses circular motion [on a special pulley system], and it really changes your body quickly."

Nicollette Sheridan

"Try to pretend that you're always in heels."

"I know that sounds really silly, but when you are in heels, you have better posture."

Michelle Trachtenberg

"Wax, please! Everyone. Another secret is exfoliate, so when you get sun, [your skin] is not all blotchy."

**Cheetah Girl
Adrienne Bailon**

"For me, it's about working out every day. The first few weeks are hard, but once you get into a routine, it's much easier."

Lauren Conrad

"I focus on salads and protein. Less refined sugars and white bread."

Michelle Kwan

"Spray yourself a six-pack. That's how I do it. I'm serious."

Tila Tequila

"I do something called Kettlebells. It is basically a weighted ball with a handle. So every exercise you do, you are either lifting it or flinging it. It is cardio and weight training at the same time."

Katherine Heigl

"A tan always helps me feel better. I have got to have a little color, even if it's artificial, to get on the beach."

Sophia Bush

"Do a lot of stretching. You'd be surprised at how it elongates you in 10 minutes."

**Girlfriends'
Golden Brooks**

"Squats and situps are important when you're wearing a bikini."

Christina Milian



Milian

10 FOODS FOR A FLATTER TUMMY

1 Extra virgin olive oil may reduce belly fat, says L.A.-based nutritionist **Christine Avanti**.



2 Foods rich in omega-3 fatty acids, like walnuts and salmon, reduce the stress hormone cortisol, which contributes to ab flab, says Avanti.



3 Drinking green tea "reduces water retention," says Avanti.



4 Nonfat yogurt helps debloat, says NYC nutritionist **Joy Bauer**. "It contains bacteria that keeps the digestive system working."



5 Fiber like whole grains keeps you full, says Connecticut nutritionist **Milton Stokes**.

6 "Bananas contain potassium, which gets rid of water-retaining sodium," says Bauer.

7 Strawberries and raspberries contain ellagic acid that "improves the ability to burn fat," says Avanti.

8 "Ginger reduces gas and calms an upset stomach," says Stokes.

9 Artichokes are great for digestion, says Avanti.

10 Proteins such as grilled chicken and egg whites keep you satiated, says Avanti.

