

How the Stars Get in Shape Fast

Here's the skinny on the diets and exercises the stars rely on when they need to drop 10 pounds — and how you can, too

The Zone

Poster girl: **Jennifer Aniston**

What it is: That Hollywood has overwhelmingly endorsed his low-carbohydrate, high-protein plan still surprises the diet's mastermind, Dr. Barry Sears, who originally developed it for heart-disease and diabetes patients. "But I'm grateful to those who've adopted it, because they'll live a longer and healthier life, and millions of others will follow suit," he says. "I understand the reality that in Hollywood, if you don't look good, you don't stay onstage very long."

His theory is that "excess insulin makes you fat," so he devised a diet of 40 percent complex carbohydrates, 30 percent protein

and 30 percent fat — a combination that will keep insulin levels in check. A simpler rule of thumb: "Never consume more low-fat protein [like chicken or turkey] at a meal than you can put on the palm of your hand," he explains — about three ounces for a woman and four ounces for a man. "At each meal, divide your plate into three sections. On one third, put low-fat protein and fill the other two thirds with fruits and vegetables. Finally, add a dash of fat — the heart-healthy

Aniston is a longtime devotee of the Zone.

By Jane Reilly Mount

kind, like olive oil, slivered almonds or guacamole." No pasta, no bread — which Sears insists he lives quite happily without, thank you. "The only thing I miss is refried beans," he says. "Recently, I had a teaspoon of refried beans when I was in Mexico, and they tasted great."

What it can do for you: The Zone diet not only speeds up weight loss — most Zoners lose an average of 15 to 20 pounds in the first three months — it also prevents that midafternoon drop in insulin that sends you running to the snack machine.

Who's doing it: "I started seeing results after a month," Geri Halliwell has said, "especially around my tummy and bottom. I have never felt better." Others who share her sentiments include Kristin Davis, Maria Bello, Carmen Electra, Matt LeBlanc, Sandra Bullock, Katie Couric and Melina Kanakaredes.

How to get it: The book that started it all is *The Zone: A Dietary Road Map to Lose Weight Permanently*, but there's now a seven-book collection of Zone manuals filling the shelves at your local bookstore — not including the upcoming *Dr. Sears' Diet: The Miracle of High Dose Fish Oil*. If you're stumped trying to get the ratios right, you can have premade, Zone-sanctioned meals home-delivered from Zoneperfect.com for \$42 a day. And you can also check out the official Web site, Drsears.com.

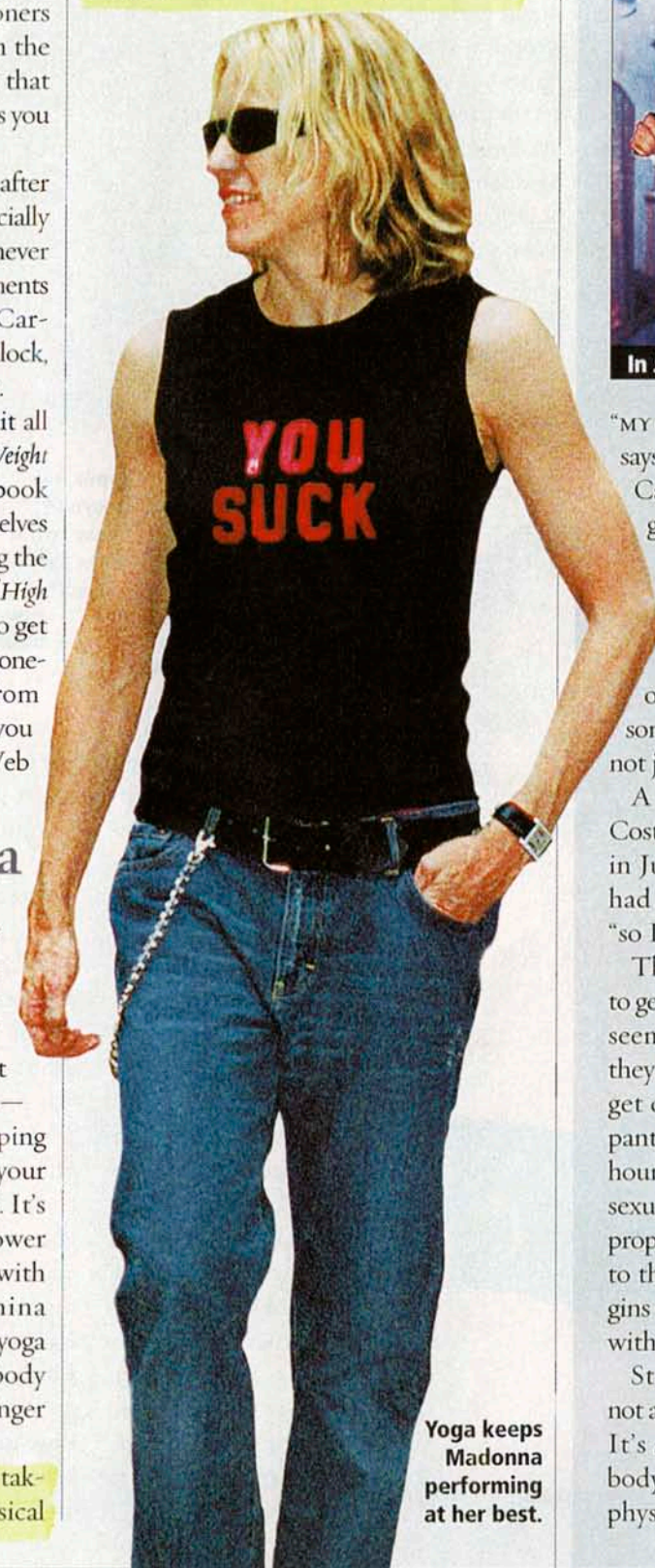
Ashtanga Yoga

Poster girl: **Madonna**

What it is: Calling yoga a new trend is like calling Madonna a rising star. It's a nearly 5,000-year-old form of body-toning exercise that ranges widely in difficulty — and the version that's sweeping through Hollywood is not your mother's mellow meditation. It's the intense Ashtanga or "power yoga" that Madonna credits with helping her build her stamina without bulking up. "If you do yoga every day, you'll maintain the body of a teenager," the 43-year-old singer has said.

What it can do for you: "People start taking Ashtanga because it is a very physical

form of yoga," says instructor and chiropractor Joe Caraccilo, whose clients have included Demi Moore, Christie Brinkley, Denise Rich and Frederique van der Wal. "The rewards are a leaner, more flexible body, stronger muscles and a clearer mind. Once people begin to understand the mind-body-spirit connection, they're hooked." ▶



Yoga keeps Madonna performing at her best.

STRIPTease AEROBICS

Taking off your clothes can help you take off those pounds



In *Striptease*, Demi Moore shows how it's done

"MY CLASS IS LIKE AN HOUR OF FOREPLAY," says Jeff Costa, who teaches a class called Cardio Striptease, the latest Los Angeles fitness craze. "I tell everyone to go home and have sex afterward."

The hour-long class on Wednesday nights at Crunch Gym in Hollywood attracts more than 50 people of both sexes, ranging from twenty-somethings to 70-year-olds. "There are not just flawless people here," he says.

A flamboyant professional dancer, Costa came up with the idea for the class in June. "I realized that all my classes had some kind of sexuality," he says, "so I decided to emphasize it."

Though it's against the gym's policy to get completely naked, Costa's students seem as eager to shed their clothes as they are to shed pounds. "Some people get carried away and pull down their pants," says Costa, who often ends the hour wearing just a G-string. "There's a sexual, energetic, crazy vibe." He brings props like feather boas and stripper poles to the dance-oriented class, which begins with simple stretching and climaxes with choreographed lap dances.

Still, Costa insists that the class "is not about getting naked just to get naked. It's about learning to celebrate your body and fall in love with yourself in a physical way." EVAN COOPER