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Be an urbane cowgirl in this season's Western-inspired styles.



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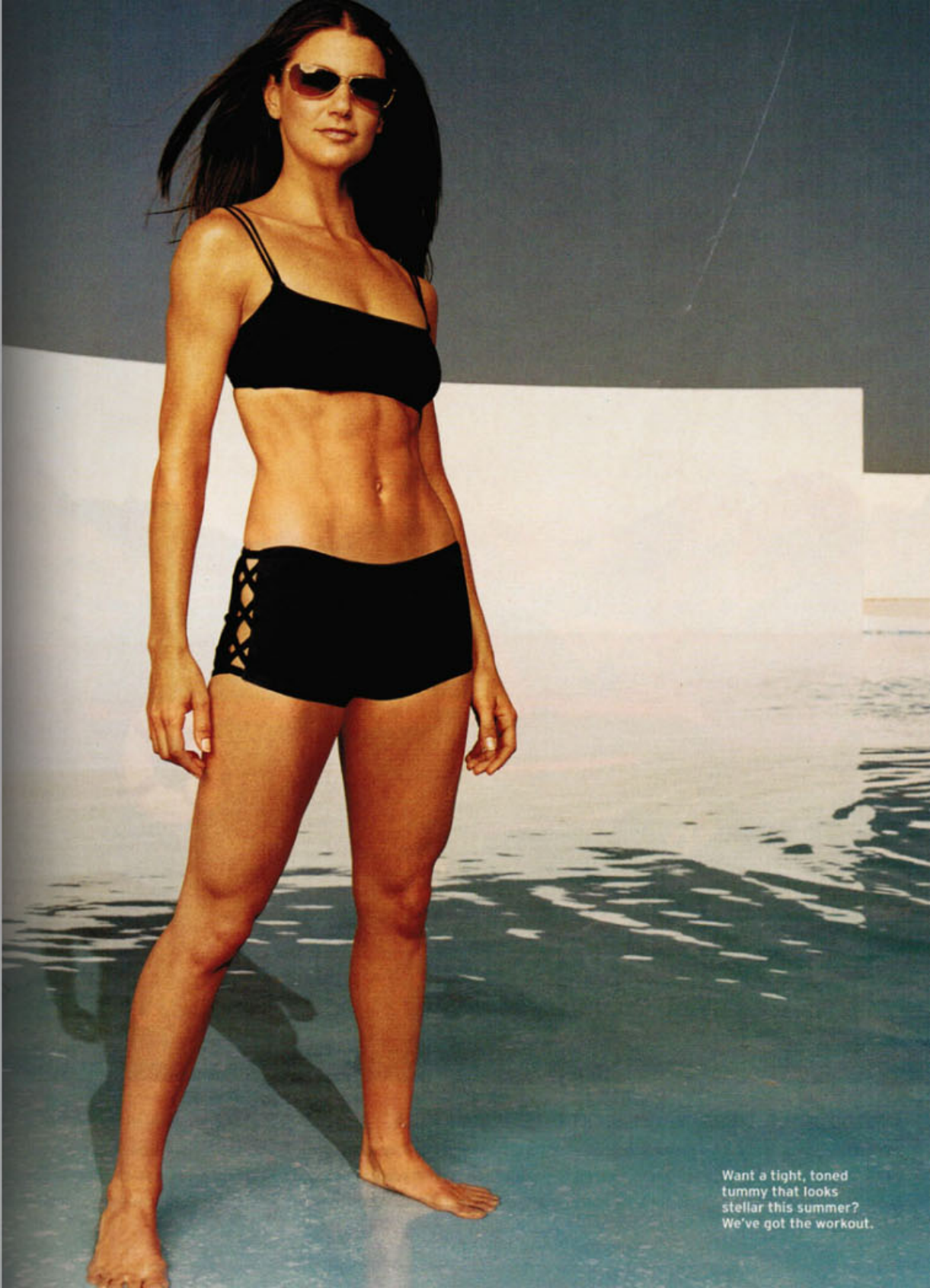


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Want a tight, toned tummy that looks stellar this summer? We've got the workout.

get celebrity ABS

Personal trainers to the stars reveal their best ab moves & slim-down secrets.

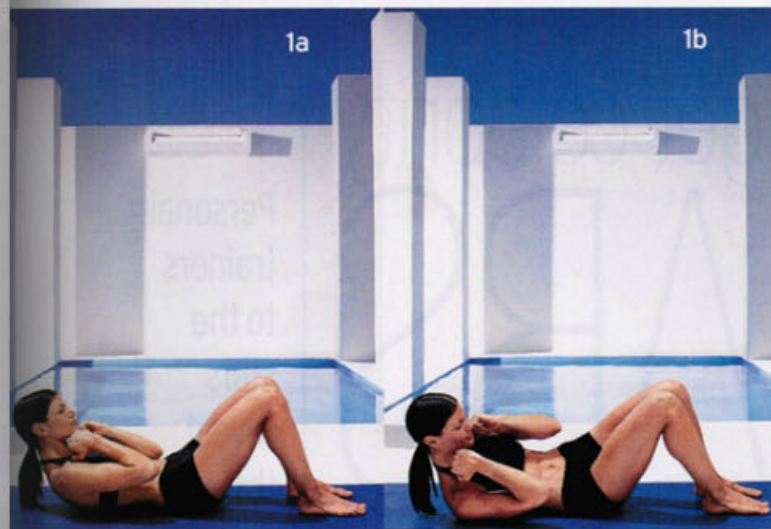
How do so many celebrities get tight, toned abs that look amazing in clingy clothes? The key is doing a variety of exercises, preferably every workout, to keep your muscles responsive, says Hollywood trainer Gunnar Peterson, whose clients include Jennifer Lopez, Julia Ormond and Kristy Swanson. Cardio for fat loss is also a crucial part of the equation (as is genetics).

In this exclusive workout, Peterson and three other hot trainers to the stars share their favorite ab moves and flab-blasting cardio tips. For more moves, log on to *shape.com*—then you can really mix things up. If you also watch what you eat and build lean muscle mass with more focused total-body resistance training, your abs will be ready for their close-up in no time. ➤

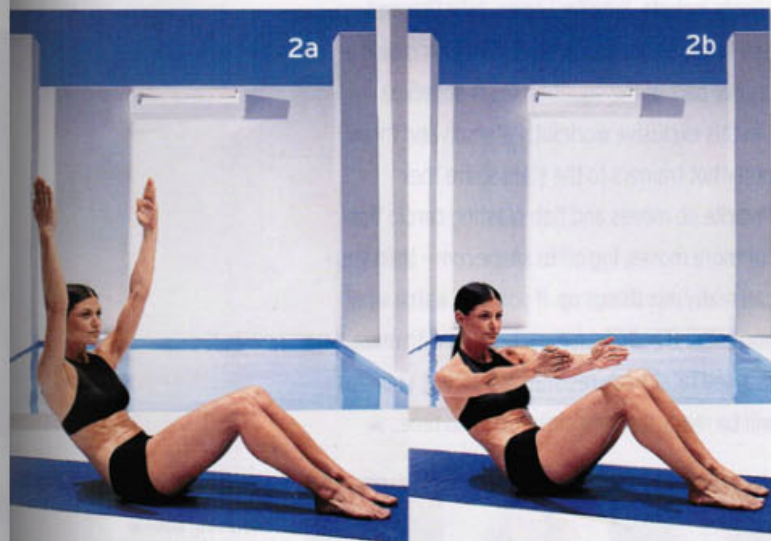


All-star abs: (left to right) Naomi Campbell, Minnie Driver, Kristy Swanson and Julia Ormond chisel their middles with the workout moves on these pages.

By Stacy Whitman
Photography by Dominick Guillemot



1 BOXER'S ABS Lie on your back, knees bent, feet flat on floor. Bend elbows close to torso, hands close to chin in loose fists like a boxer. Contract abs as you lift head, neck and shoulder blades off floor [A]. Hold this position as you circle upper torso clockwise, keeping hips stable and feet flat on floor [B]. Do 10 circles, then go counterclockwise and repeat. Start with 10 circles in each direction and work your way up to 25 circles in each direction.



2 THE ASTRONAUT Sit, knees bent, feet flat on floor 2½ feet from buttocks; put hands behind knees. Exhale, curving your back like a "C," bringing navel toward spine. Keep breathing and hold curve, letting upper torso lean back as far as possible, while straightening arms by ears; hold for 10 counts [A]. Lower arms in front of you to armpit level. Twist to the right (don't move hips); hold for 10 counts [B]. Return to center, raise arms; hold for 10 counts. Twist to the left; hold for 10 counts. Return to center, hold for 10 counts; release. Roll down to floor and pull knees toward chest.

Star Training Secret Los Angeles trainer Tricia Belanger uses this move with Josie Bissett, Neutrogena spokeswoman and author of *Little Bits of Wisdom* (Compendium, 2001). "It works every inch of your ab muscles, without stressing your back," Belanger says. For best results, be sure that your form is perfect and "keep going until it burns—then do 10 more reps," she says. "I can see better results doing 'Boxer's Abs,'" Bissett notes. "You get a great burn without having to do hundreds of reps."



Cardio Tip Belanger suggests choosing a heart-pumping activity that challenges your core—such as kickboxing, stair climbing or walking on a treadmill set at an incline. "When you lift your legs during these activities, your abs are forced to work a little harder," Belanger explains.

Star Training Secret Minnie Driver and Melanie Griffith get toned with the help of Pilates guru Mari Winsor. "The Astronaut" is one of Winsor's favorite middle whittlers because it "works your abs throughout the exercise," she says.



The key to results, she adds, is keeping your abs pulled in and breathing in and out in a controlled way. "I never had ripples in my stomach until I met Mari and started doing these moves," Griffith enthuses. Cardio Tip To burn calories, Winsor's advice is simple: Keep your body challenged by doing a different cardio activity every time—for instance, try hiking on Monday, kickboxing on Tuesday, cycling on Wednesday and so on. "Do something that you enjoy," she says. "You'll be more likely to stick with it."

CELEBRITY PHOTOS: (PAGE 98 LEFT TO RIGHT) GERARDO SOMOZA/OUTLINE; ROGER KARNBAD/CELEBRITY PHOTO AGENCY; ANTOINETTE VERGLAS/CORBIS OUTLINE; RON DAVIS/SHOOTING STAR. (THIS PAGE) TOP: CHARLES WILLIAM BUSH/CORBIS OUTLINE; (BOTTOM) TIMOTHY WHITE/CORBIS OUTLINE; FASHIONS: (PAGE 90) TOP BY REBO; SHORTS BY OMO NORMA KAMALI; SUNGLASSES BY CE CALVIN KLEIN EYEWEAR. (THIS PAGE) TOP BY OMO NORMA KAMALI; SHORTS BY ELIZABETTA BIANCHI; (OPPOSITE PAGE) TOP BY PLEN SUO; BIKINI BOTTOMS BY OMO NORMA KAMALI. SEE BUYER'S GUIDE FOR RETAIL INFORMATION.

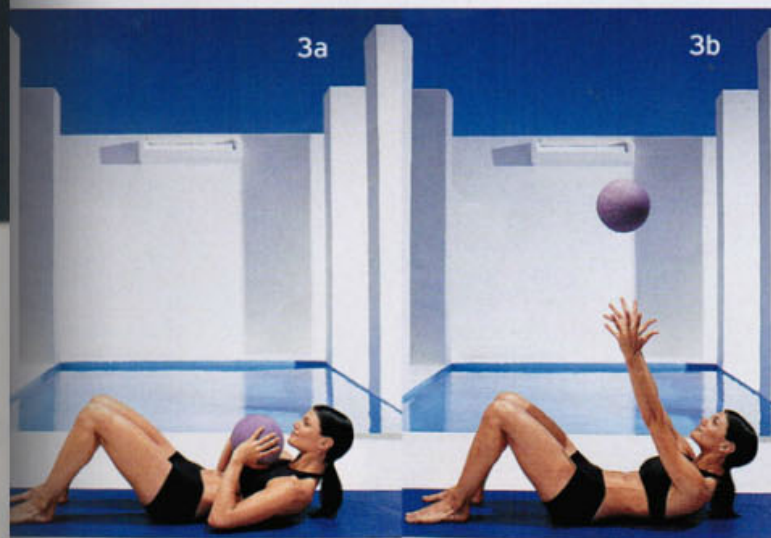
THE PLAN

Do all 4 moves (or substitute any of the additional moves these trainers recommend at shape.com) along with your total-body strength training 2-3 days per week – working your abs to fatigue each time and taking a day off between training sessions. You should also do 30-60 minutes of cardio at least 4-6 times per week, using our celebrity trainers' ab-specific tips as much as possible.

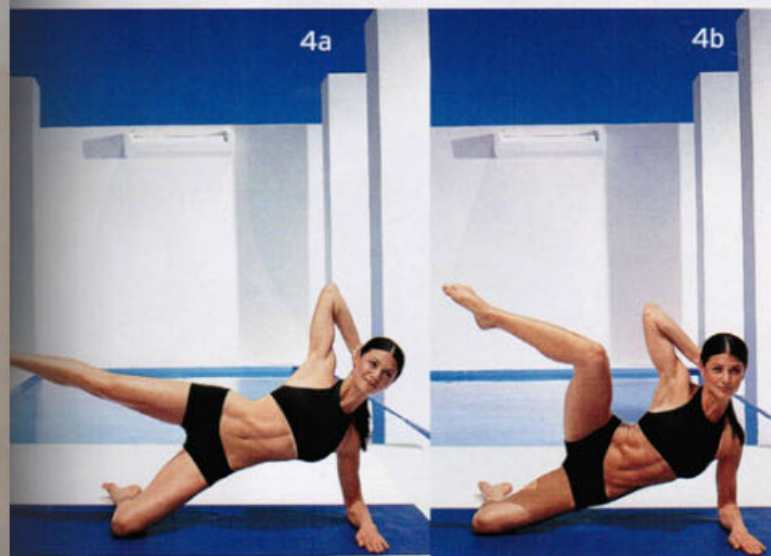
Warm-up Start with 5-10 minutes of easy cardio exercise. Follow with some gentle movements like easy torso rotation.

Cool-down Finish with isolated stretches, focusing on your torso and lower back. Hold each stretch for 30 seconds without bouncing.

A variety of moves plus regular cardio workouts equal an awesome tummy.



3 CRUNCH 'N' CATCH Lie on your back, knees bent, feet flat on floor. Hold a 3- to 8-pound medicine ball (or basketball or volleyball) above your breastbone, elbows bent and close to sides. Contract abs, pull navel toward spine, and lift head, neck and shoulder blades off floor [A]. Hold this position as you gently toss ball up [B]. Catch it, then curl back down to floor *slowly*, one vertebra at a time. Repeat. Do 1 set of 10-15 reps. Add a second set if you can, resting 1 minute between sets.



4 SIDE KNEELING CRUNCH Lie on your left side, knees bent, left elbow bent and in line with left shoulder, forearm on floor, fingers forward. Put right hand behind head. Contract abs; lift hips so only forearm and knee support you. Extend right leg [A]. With torso lifted, bend right knee toward right shoulder and right elbow toward right knee [B]. Straighten leg; repeat. Do 2-3 sets of 15-25 reps with each leg.

Stacy Whitman is a free-lance health and fitness writer in San Francisco.

Star Training Secret To get sexy, sculpted abs, à la Jennifer Lopez, try the belly buster "Crunch 'n' Catch" with a weighted ball, advises Lopez's trainer, Gunnar Peterson. "Your abs are like any other muscle group," Peterson says. "They respond best to resistance, and the resistance of your own body against gravity isn't always enough to make really big changes in your shape."



Cardio Tip To get Hollywood lean, Peterson recommends changing the intensity and duration of each cardio workout – for example, go for a 60-minute walk one day, then do 35 minutes of high-intensity interval training the next day. "By changing your activities this way, your body will be caught off guard, so your muscles react; this kind of cardio will get rid of some of the fat that blankets those muscles," he says.

Star Training Secret Supermodels Heidi Klum and Naomi Campbell get runway ready with moves like the "Side Kneeling Crunch," says their trainer David Kirsch, owner of New York City's Madison Square Club. "I don't know any other move that targets abs in quite the same way," he says. "This move gets my abs really toned without making me too muscular," Klum adds.



Cardio Tip For blasting fat, Kirsch suggests an intense, 30-minute cardio-sculpting circuit combining high-intensity aerobic exercise and sculpting moves using free weights or your own body weight for resistance. His favorite plan: Warm up, do 2-3 minutes of all-out effort on a rowing (or any cardio) machine, then 1 set (15-20 reps) of a strength move such as push-ups, reverse crunches or plié squats; continue alternating for 30 minutes. "It's a great way to work lots of muscles, including your abs, and to keep your heart rate up for optimal calorie and, hence, fat burning," Kirsch says.