



## **Celebrity trainers tell all**

**Want to know how stars like Shakira, Emily Blunt and Jennifer Garner stay in shape? Read on for fitness and nutrition advice from the pros who train them**

*By Amanda Vogel*

Three celebrity trainers share their tips for staying toned, trim and in top shape.

### **1. Be mindful**

Know what muscles each exercise works, advises Valerie Waters of Los Angeles, who trains Jennifer Garner. For instance, concentrate on your thigh muscles when doing lunges — or even better, feel them with your hand as they contract.

### **2. Circuit train**

For a time-saving, fat-burning workout that gets fast results, ditch the hour-long jog in favour of circuit training, says Raphael Verela of L.A.'s Circuit Works, who has trained Elisabeth Rohm of *Law & Order* and *Heroes* fame. Try alternating between one minute of strength exercises (like squats or walking lunges) and one minute of cardio (think jumping jacks or skipping) for 30 minutes.

### **3. Eat five small meals a day**

“The body is a machine that requires fuel to run efficiently,” says Vancouver-based trainer Maureen Wilson of Sweat Co. Workout Studios whose clients include Shakira, Emily Blunt and Chantal Kreviazuk. Wilson recommends grazing on small, nutritious meals — like a cup of yogourt with sliced banana and a handful of walnuts, or half a whole-grain bagel with low-fat cheese, lettuce and sliced tomato — throughout the day instead of the usual three squares. “My clients are shocked when they lose weight by eating more,” she says.

### **4. Pack a lunch**

If you control what goes into your lunch, you'll actually be able to eat more. “A sandwich from home with whole-grain bread and less meat than one from the deli leaves room for a treat like a small amount of dark chocolate,” says Waters.

### **5. Conquer diet obstacles**

If you regularly make unhealthy food choices at certain times of day — after work, for instance — don't blame poor willpower. “Sometimes you need better strategies,” says Waters. Pinpoint common health barriers — in this case, scarfing down fast food after a tiring day at the office — and then devise strategies to overcome them, such as preparing nutritious big-batch meals in advance and freezing them in individual portion sizes.

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