

love your life.

REDBOOK

Your best body!

6 diets you can really stick to

PLUS Pro trainers' top get-fit tips

MONEY MELTDOWN

Expert advice to get you through tough times

The #1 secret that happy couples know

SIMPLE SOUP SUPPERS

THE TRUTH ABOUT SEX (after baby)

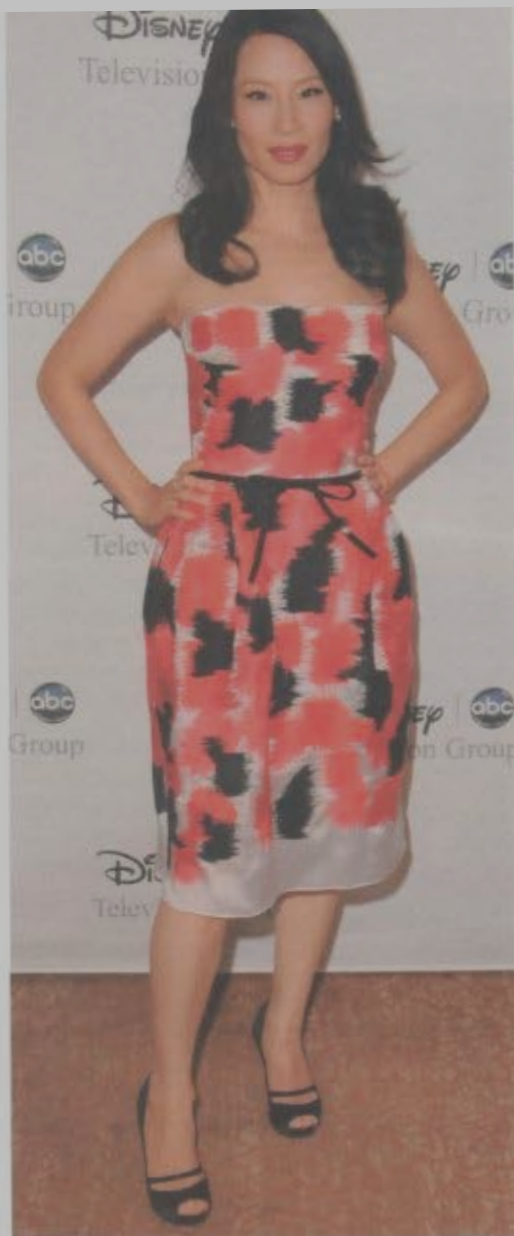
Julianne Moore

The childhood pain that inspires her to help America's kids

FEBRUARY 2009 \$3.50



WWW.REDBOOKMAG.COM



get fit fast

Your best body ever!

It's true: Those totally toned celebs you'll see on the Oscars this month have more time to work out than the rest of us, and more money to spend on doing it. But the stars also have another secret weapon: access to the best personal trainers in the business. We asked the fitness A-list for their favorite tricks so you can get into tip-top shape, even without a Hollywood address (or bank account). Read on to learn what the pros know.

"Be accountable for each mouthful."

Most people eat emotionally. We constantly put food into our mouths unconsciously. Keep a food journal, and learn about portion sizes and the actual calorie counts in foods so you really understand what you're eating. It's not about starving yourself; it's about being fully aware of what is going into your body.

—**Teddy Bass** has gotten Lucy Liu (left) and Cameron Diaz into shape; his workouts incorporate Pilates and dance. (teddybass.com)



"Approach working out with gratitude."

Exercise is not a chore; it's a privilege. Think, *How lucky I am that I found time in my busy schedule for myself and to take care of my body.*

—**Mari Winsor** has sculpted the bodies of (below, from left) Vanessa Williams, Sandra Bullock, and Jamie Lee Curtis using Pilates. (winsorfit.com)



CLOCKWISE FROM TOP-LEFT: STEVE GRANITZ/GETTY IMAGES; COURTESY OF SUBJECT; ALBERTO RODRIGUEZ/GETTY IMAGES; MICHAEL LOCCIANI/GETTY IMAGES; JOE KORNIG/GETTY IMAGES; COURTESY OF SUBJECT